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IMPOTENCY, STERILITY AND ARTIFICIAL IMPREGNATION

FRANK P. DAVIS, M. D.

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IMPOTENCY, STERILITY, AND ARTIFICIAL IMPREGNATION

BY

FRANK P.^{Jyn Pierre} DAVIS, PH.B., M.D.

Fellow American Medical Association; Ex-Secretary Oklahoma State Board of Medical Examiners; Former Superintendent Oklahoma State Institution for Feeble-Minded; Author of "How to Collect a Doctor Bill," "The Doctor: His Book of Poems," "The Physician's Vest-Pocket Reference Book," etc.; Formerly Editor and Publisher, Davis' Magazine of Medicine.

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INTRODUCTION

The production of new books for the physician appears to be limited only by the invention of titles. Many of the books offered contain but little new material. In my experience I have found that there is a dearth of new ideas along certain lines, while in other fields there seemed to be much progress. The one field that has remained comparatively barren is that of sexual disorders.

I am well aware that there are a number of pretentious works on sexual subjects, but none that I have read fulfilled my wants. None so far as I know have given any reasonable explanation of the cause of sexual excitation. It is the purpose of this work to present a theory of the process by which the sexual mechanism is set in motion.

It is generally held that sexual excesses and sexual disease are on the increase not only among the unmarried, but among those who are prone to wander beyond the bounds prescribed in the license granted them when they were married. It is also claimed that the condition known as impotency is due to these excesses. This is a debatable question. It is true, how-

ever, that the number who consult the physician along this line is much greater than in the past.

The anti-race suicide problem appears to be receiving more attention than ever before in the world's history. More women consult the physician for relief from barrenness than formerly, and foreign nations are making a strenuous effort to maintain their population.

As physicians we are confronted with these conditions and our duty as medical advisers demands that we be prepared to meet them. These patients must be treated, and it is up to the profession to give them the best advice and treatment that we can. We must give them careful attention and relieve them from the conditions that are marring their happiness and blighting their lives.

The day when we could give these seekers after health a tonic and tell them to forget their troubles, or that they had so far burned their candle at both ends that there was no longer hope, is past. They will seek other fields for relief if we do not assist them. The majority of such cases, both of so-called impotency and of sterility, may be relieved and no true physician can longer dodge the issue or neglect to give the subject proper study.

The relationship existing between the special senses and sexual desire and competency is very close. The sense of smell, sight, and hearing all have a very decided bearing upon sexual power. A proper understanding of these facts will aid materially in clearing up the fog that surrounds this subject.

Only a few years have passed since the lost manhood specialist flourished like the green bay tree, frightening boys and young men with the horrors of the mad-house and yawning grave that was so vividly portrayed in their marriage guides and newspaper advertisements. Some of this literature with its hair-raising descriptions of the awful fate that awaited the boy who looked upon a woman to lust after her, and then like Edgar Allen Poe, "dreamed dreams that no mortal ever dared to dream before," and resorted to other means to relieve his desires, was enough to make strong men tremble. This condition passed when our best newspapers refused the advertisements, and our medical associations exposed the fakes. At the present time the principal avenue through which this silly idea is poured into the minds of the youth of the land is by the "women only" and "men only" lectures delivered by the weak-minded sensational preacher, who, having been too weak

to scare up a real flirtation, wants to pose as a reformed devil. Marriage guides are seldom seen any more, and the boy has learned to have confidence in his family physician. Most physicians have learned that it is worth while to make friends with the boys and young men, gain their confidence, and encourage them to lead clean, pure lives. No person is so well prepared to teach young men and women their duties and their dangers along sexual lines as is the pure-hearted physician. The lost manhood booklets sown broadcast over the land had their effect upon the girls and women as well as the boys. I had a mother consult me, after having read one of these booklets, to learn if there was any danger of her daughter having "lost womanhood," because the daughter sometimes experienced peculiar sensations in her dreams.

Years of study and experience in treating this class of sufferers has convinced me that there is too much mystery, too much doubt, and too much guess work in the treatment of sexual troubles. Failing to find the information that could help me in the books at my command, I have attempted to blaze out a new trail, and have established some landmarks which I hope will enable the reader to follow the path that

has led me to a system of handling these cases that has proven generally successful.

It is my belief that the physician should be prepared to care for these cases. I have given such facts as I have been able to glean in a number of years' active practice, and if the reader obtains but a small part of the information that I have received in the study and experience that has made this book possible, he will be well repaid for his time.

I realize fully the imperfections that a work of this kind must have. It is a field in which one must break out a new furrow.

FRANK P. DAVIS, M.D.

IMPOTENCY, STERILITY AND ARTIFICIAL IMPREGNATION

CHAPTER I THE SEXUAL INSTINCT

Before we can understand sexual wrongs we must first have a clear idea of the manner in which the sexual system performs its functions. We must know the influences that act upon the sexual centers in the brain to set the mechanism in action and cause the desire, and the ability to copulate.

It can readily be seen that there must be some exciting cause to bring about the condition of the organs as we find them at the period of sexual excitement. It must be evident to the observer, that this exciting cause, whatever it may be, is external to the male animal. This being a fact we must seek the cause in the sensations received through the special senses, and in the environment in which the individual is placed.

Assuming that the exciting cause is present, why should men in the prime of life who are otherwise in a healthy condition lose their sexual powers? The sexual ability of the male depends upon the erection of certain muscular organs and on the functioning of certain glands. So long as all other organs of the body fulfill their mission, and gain strength from use and exercise, it would seem reasonable to suppose that the sexual organs should respond in a like manner.

Before any muscle can act it must first receive a mental or nerve impulse. A piano player will not lose control of his fingers by practice, but will increase their action and improve their adaptability by continued use. But the piano player must mentally control the action of his fingers, and there must be some outside influence to cause him to will that his fingers shall strike certain keys. This may come through the sense of sight in reading music or through the hearing if he plays by ear, as do the blind musicians. In like manner must there be an external stimulation of the sexual centers before there can be sexual ability on the part of the male.

It is evident, considering these facts, that age cannot be the sole cause of the decline in

the sexual powers of men, neither can it be maintained that excessive venery must lead in all instances to a weakening of the powers. There must be other causes besides those usually mentioned. It is with what I believe to be the true cause of failure that I am to deal in this book. The theories advanced may be novel but I have every reason to believe that they are correct.

It is customary to associate strong sexual power with youth, and waning power with age. If we consider the environment in which they live, we readily see that the youth is thrown into contact with females of his own age, likewise the old man is more in company of women who are advanced in years, excluding the members of his own household. Boys and young men are seldom sexually attracted to older women, but experience great sexual excitement when in the company of girls of their own age, or those younger than themselves. Likewise we find that where old men are charged with sexual crimes their victims almost invariably have been very young girls or mere children. I have collected a large number of reports of cases where old men were charged with sexual crimes, and in not one instance was the girl out of her early teens. These facts naturally lead the observer to inquire if there is

not some special attraction that leads men to experience great sexual activity when in the presence of very young girls.

Following the thread a little farther we will observe that as a man grows older and his mind becomes concentrated upon his business affairs, his sexual power is inclined to fail him, only again to be regained when he reaches an age where he lays aside the cares of business and again is thrown in the society of young women. This gives us a key to the cause of the sexual crimes of old men. They are not mentally deficient as has been held, but in returning to the environment of their boyhood they are affected by the same uncontrollable desire that they experienced in the days of their youth. They are no more to be censured for their acts than a boy would be under the same circumstances.

The question arises; what is this special influence that has such an overpowering effect on the male animal? I am of the opinion that this influence reaches the sexual centers through the organs of special sense, and that the sexual power of man depends solely upon the external stimuli that reaches these centers through these same special senses. Especially is this true with the senses of smell, hearing, sight, and touch, in the order named.

CHAPTER II

THE SENSE OF SMELL

The relation of the sense of smell to sexual desire is well understood by investigators along this line. It is also a well known fact that cases of partial or complete impotency have in many instances followed the loss of the sense of smell. An increased acuteness of this sense is noted as we descend the scale of animal development. We find the lower animals possessed of a more acute sense of smell, as well as a stronger sexual power than have men. In the lower animals we find the sexual passion of the male as well as the female, is increased when the latter is in heat, while at all other periods there is no inclination to mate. The behavior of male animals at the time the female is in heat proves that it is the odor from the female that excites the male.

The close relationship existing between the sexual apparatus and the nasal organs is the subject of much interest to the student. This relationship is evident from the fact that the septum and turbinates are erectile. There is often a sympathetic or correlated congestion of these structures during the menses, and, in

cases of congestive conditions being already present they are intensified during this period. Sexual activity of the male is apt to be followed by similar turgescence of the erectile tissues of the nares. Sexual excesses may even lead to an inflammation of the mucous membranes of the nose and retard the sexual stimulus by dulling the sense of smell. We frequently find an inflamed condition of this membrane in the case of masturbators, and those given to sexual excesses. A visit to any institution for the care of idiots will readily convince one that "sore nose" is a common complaint among this class. I do not recall a single instance of an idiot or feeble-minded boy in the institutions under my charge that was not a masturbator, except among the very young children. It is well to remark, however, that masturbation was not the cause but the result of their mental condition. Nature, by causing this inflamed condition of the mucous membranes of the nose to follow sexual excesses, thereby dulling the sense of smell and the sexual desire, appears to have provided an automatic control to prevent sexual excesses.

The experiments of Koblanck and Roeder,¹

¹Koblanck and Roeder: Experimental Research on Influencing of Sexual System by Operations on the Nose. *Berliner klinische Wochenschrift*, xl ix.

by operating on the so-called genital points in the nose, while apparently having no influence on the development of the animals, which grew as well as the controls; yet, when the animals were killed the genital organs were found practically rudimentary in the treated animals. While the untreated animals had two litters, the treated animals seemed sexually indifferent.

The odors of some flowers and some perfumes have a strong influence on the sexual centers and greatly increase desire. This fact has been known to the Aryans and Chinese for centuries. The Hindoos use musk as a sexual stimulant, and it is still one of the best remedies for the purpose that we possess. The power of musk depends to a great extent upon its odor, and it should always be given in sufficient strength to obtain a fairly strong odor. Musk is very popular with the negroes as a perfume. Extracts of violets and of locust blossoms produce sexual desire when their odor is inhaled. Sturgis mentions an instance where it was found necessary to request a stenographer to refrain from the use of the extract of violets on account of its effect on the men working in the office. I recall an instance of a lady who would become so excited when inhaling the odor of extract of locust blossoms that she would at times experience an

orgasm. Kiernan reports the case of a sexual pervert whose wife when excited gave off a lavender odor. The man had always been attracted to this odor, since his first deep orgasm was in sheets redolent with it. As this woman reached the menopause she gave off a leathery odor, and from the beginning of this leathery odor she became sexually repellent to him and he became incapable of an erection.

Sturgis² also reports an instance when a newly married man was incapable of an erection due to the offensive odor of his wife. She was instructed to perfume her night clothes and bed, after which he had no farther trouble in performing the act.

In olden times it was the custom for persons to anoint themselves with perfumed ointments. Thus, we read that when Mary anointed the feet of Jesus, "the room was filled with the odor of the ointment." That these perfumes had a sexual attraction may be inferred from the statement made by Solomon in the Song, that "because of the savor of thy ointments * * * do the virgins love thee."

Hingston³ says the young ladies of Tahiti

²Sturgis, Frederic R.: Notes and Reflections on the Causes Which Induce Marital Infelicity Due to the Relations of the Sexes. Medical Council, Philadelphia, July, 1907.

³Hingston, A.: "Polynesia." Women of All Nations, 1911.

consume a great deal of time in perfuming their hair and oiling their bodies with perfumed oils. Ellis tells of groups of Tahitian women, "sitting under the shade of a clump of wide-spreading trees, or in the cool mountain streams, employing themselves for hours together in arranging the curls of the hair, weaving wreaths of flowers, and filling the air with their perfumes." This is the country whose strongest secret society, the Areois, holds as its object the indulgence in sexual excesses. To become a member of the Areois it is necessary for the candidate to first murder all his own children if he has any.

Regino⁴ advances a novel theory as to the cause of sexual selection, i.e., "The attraction of the ovum of the spermatozoon even at a distance by means of secretions diffused in all directions." Unless there is a special sense unknown to me, the only way in which I could account for such an attraction would be through the odor of the secretions. We know that there are odors that emanate from the body during sexual excitement, and that the bodily odors change at this time. It is also a fact that dancing, and religious excitement during revival meetings produce sexual excitement. It may

⁴Regino, Eugenio: *Inheritance of Acquired Characters*, 1911.

be that the odors from the secretions of one highly sexed woman in a ballroom or church may produce sexual excitement in others. Possibly this may account for the great attraction that the ballroom and other public gatherings have for some people.

Strongly sexed individuals, especially males, are generally larger than the average of their class. Large nostrils are an indication of sexual power, while the sharp, pinched nose goes with the sexually weak or indifferent. The Pygmies, who are the smallest race of the human family, are noted for the offensive odors emanating from their bodies, and they are said by travelers to be sexually indifferent.

In the human female the odor emanating from the body changes with age and condition of health. The odor from the healthy young girl has a stronger effect upon the sexual instinct of men than does the odor from an older woman. Young men being constantly thrown in contact with young girls have strong sexual desire and power, but when they are in the company of older women they do not experience the same sensations. On the other hand, old men are thrown in company with women of their own age or older, and fail to respond sexually as they did in the days of their youth. They find

that their power has begun to wane. Now if we let our elderly man retire from the cares of business, and place him in a position where he is in the company of young girls and children, we find that his old desire and power returns, and like the young boy, he is apt to let desire get the better of his reason and he is often led to commit some sexual act that will brand him as a criminal, mental or moral degenerate. William Allen White, in one of his stories gives a very good description of this phase, in the following words: "There is a form of romantic dementia that attacks certain men in the early adolescence of their senility. It is hard to say whether the madness is more grotesque than the puppy love of early youth. Perhaps because age is supposed to be more circumspect than youth the capers of the old man and the young woman—for always he is enamored of youth—are more fantastic than those of the young. Or perhaps in the earlier affairs of life both the man and woman are dancing to the same tune in their blood and it is more seemly. But, whatever sets love's sweet song off key in the calf love of early senility something does jar it and all the world laughs." It may be added that the reason "all the world laughs," is because all the world is ignorant, and igno-

rant people are prone to laugh at that which they cannot understand. The world is ignorant of the fact that the same thing which starts love's sweet song in his youth will again start it under like circumstances in the "early senility" of his declining years. Schopenhauer⁶ presents the matter very clearly where he says: "It occasionally happens that, for no particular reason, long-forgotten scenes suddenly start up in the memory. This may in many cases be due to the action of some hardly perceptible odor, which accompanied those scenes and now recurs exactly the same as before. And I may say, in passing, that the sense of sight is connected with the understanding, the sense of hearing with the reason, and, as we see in the present case, the sense of smell with the memory. Touch and taste are more material and dependent upon contact. They have no ideal side."

It is the one that gives off the pleasing odor that attracts the opposite sex. In man it is the female that attracts the male. With some of the lower animals, the butterfly and moth, for instance, it is the male that attracts the female. If we take the green-veined white butterfly and brush the upper surface of the fore or hind

⁶Schopenhauer: Essays. Studies in Pessimism.

wing with a camel-hair pencil, a strong odor resembling that of the lemon plant will be noted upon smelling the pencil. It appears that the rubbing process dislodges quantities of the minute scales with which the wings of this insect, like those of butterflies and moths in general, are clothed. The under surface of the wings similarly treated yield no odor, nor is it found in association with any scales from either surface of the female. The scales which bear the odor are in addition to the regular scales found upon these insects, and are of a different form. The odor of the garden white butterfly has been compared to the sweet briar; that of the cabbage white recalls violet powder, or orris root. There is an African butterfly, the *Mylothris agathina*, that has the odor like sweet briar, while *M. trimenia* gives an odor resembling sweet pea or clover, with a suggestion of orange peel; the female of both are destitute of odor. Other varieties of butterflies have the odor of honeysuckle, jasmine, and other flowers, and while the odors are not universal they are frequent and are generally agreeable. There are some tropical and subtropical butterflies that give off disagreeable or offensive scents. However, this scent may be attractive to the female of their species. There is no accounting

for tastes. We have read of the noble woman who liked the odor of the stables so well that she had a perfume made to resemble it. The disagreeable odors of these tropical butterflies are supposed to be a means of protection against enemies. The constant fluttering of the male has a tendency to diffuse or scatter the scales that carry the odor, so that the females will be most likely to notice it, and thereby be attracted.

There is a peculiar odor during coitus which seems to make its appearance at about the time the secretions of the male and female come into contact. It is related that a young German officer who was charged with having seduced a number of women, stated that he held a handkerchief under his arm (axilla) during coitus, and that if he could get any woman to use the handkerchief and inhale the odor it would so excite her that he would have no trouble in carrying out his desires. Australian boys are said to prick the skin of an apple full of small holes with a needle, and hold the apple under the arm during copulation, then give the apple to some girl to eat, believing it will cause the one who eats it to become sexually excited.

It is not necessary that an odor be so strong as to be noticeable to be effective in stimulat-

ing sexual desire and power. It may be so subtle that one would not be aware of its presence, and yet have a wonderful power over men. This will in a measure account for the fact that some women attract while others repel certain men. It also explains why some of the plainest, not to say homeliest, women have been much sought after. It also points out the great danger of co-educational schools.

It is possible that a simple operation on the nose would destroy the sexual desire to such a degree that it would prove an ideal operation in dealing with sexual perverts, masturbators, and other institutional cases. It would, if successful, be better than to resort to sterilization as at present advocated.

CHAPTER III

THE VOICE, AND SENSE OF HEARING

The voice has considerable influence on the mating of the sexes, and a change in tone is noted during the mating season, in animals. In the human the voice changes at puberty, but the tone changes with the state of the mind at any time, thus, the tone denotes anger, fear, pain, love and passion according to the inflection. The influence of the voice on other persons is well known. If some one speaks in an angry tone it creates a spirit of resentment in us. Likewise the cooing tone of the lover begets love. Darwin expresses the opinion that the love-calls and music of some animals serve to charm the females, and that the best musicians have special advantages. Finck¹ believed that the influence of animal music is chiefly to facilitate courtship, by making it easy for the females to discover the whereabouts of the males of the same species. The latter also held that it is not the male voice that is the most mellow and melodious that catches the fancy of the female, but the one that is the most persistent and loudest. This may be true of the male bird, but I

¹Finck, Henry T.: *Romantic Love and Personal Beauty*, 1887.

am sure that it is the woman with the mellow and melodious voice that attracts men². Among birds it is the female that seeks the male, and Montagu asserts that: "Males of song-birds and many others do not in general search for females, but on the contrary, their business in spring is to perch on some conspicuous spot, breathing out their full and amorous notes, which, by instinct, the female knows, and repairs to the spot to choose her mate." Darwin says: "The *spel* of the blackcock certainly serves as a call to the female, for it has been known to bring four or five females from a distance to a male in confinement; but as the blackcock continues his *spel* for hours during successive days, and in the case of the capercailzie 'with an agony of passion,' we are led to believe that the females that are present are charmed." But, says Finck: "There appears no direct evidence, however, that female birds are more charmed by one male than another, and prefer him on account of superior song, as the theory of Sexual Selection postulates." It is remarkable that two such learned men as Darwin and

²Constant, in his "Recollections of the Private Life of Napoleon," speaking of the Empress Josephine, says: "What more than all else constituted the inexpressible charm of the Empress's presence were the ravishing tones of her voice. How many times have I, like many others, stopped suddenly on hearing that voice, simply to enjoy the pleasure of listening to it."

Finck did not consider the effect the tone of the voice might have on the opposite sex. It would seem that the tone had all to do with the selection, and that the cock continues his song until all the females in the range of his voice who are in tune with him respond to his call. Were this not true all the females that hear the voice of the male would hasten to his side, rather than the relatively few mentioned by Darwin. With man the voice that will attract one will repel another. I am of the opinion that if men and women mated only with those whose voice was soothing and pleasing to them, there would be but little grounds for believing that marriage is sometimes a failure. The only advantage the bird with the loudest voice would have would be in the greater territory he would be able to cover, and the possibility of reaching a greater number of females who were in tune with him, because of this fact.

It is the female who has the sweet and melodious voice that attracts men. The cooing and amorous tones of the lover excites desire and increases sexual desire and power. Schenck-Notsing tells of a woman who could have an orgasm while listening to music or viewing pictures. The fact that it is the tone of the voice that gives its possessor power over others is

well brought out in the works of the poets. Burns, speaking of his first love, said: "I didn't know myself why the *tones* of her voice made my heart-strings thrill like an Aeolian harp." Browning wrote: "Her voice changed like a bird's; there grew more of the music and less of the words." Swift said: "A blockhead with a melodious voice in a boarding school may have his choice." Cleopatra, who according to Plutarch, was not beautiful, yet was considered absolutely irresistible in her day, possessed a voice that was "delightfully melodious, and had the same variety of modulation as an instrument of many strings." And, so it was, for the entrancing voice and pleasing manners of the "star-eyed Egyptian, glorious sorceress of the Nile," that Antony, "drunk with her caresses, madly flung a world away." Bacon³ says that the Sirens changed their singing or adapted their tunes exactly to the nature of each person in order to captivate and snare him. Ulysses commanded his followers to stop their ears with wax so they could not hear the songs of the Sirens, while Orpheus escaped danger by loudly singing the praises of the gods, whereby he drowned the voice of the Sirens.

The tone of the voice has given power to men

³Bacon, Francis: Essays. The Wisdom of the Ancients.

and women who without this control of their voices would have never arisen to occupy a place in history. The voice is the key to the individual. The person who can so modulate his voice that it will be in tune with the person he is conversing with, may gain anything he desires.

CHAPTER IV

THE SENSE OF SIGHT

There are certain points of the female form that appeal to men. The sight of a woman who has a voluptuous form will always appeal to men more than will one that has not, and who does not possess Hogarth's lines of beauty. A fully developed bust always appeals to men. The woman with the large bust is generally stronger sexually than her flat-chested sister. The latter are often cold and indifferent. The suggestiveness of the well moulded and beautifully rounded breasts seen over the yoke of a low bodice, or outlined by the close fitting waist of soft material, presents a vision of loveliness that is most pleasing to the masculine eye. Ella Wheeler Wilcox,¹ reading the mind of mere man expressed his thoughts well when she wrote: "What the mind in a half chance guesses, of the twin perfection of two drifts of snow." The girl with the undeveloped bust has never been in strong demand in the matrimonial market. Even back in the days of Solomon we find him lamenting over the fact that his

¹Wilcox, Ella Wheeler: *Conversion. Poems of Passion, 1884.*

little sister "has no breasts," and wondering what they can do for her "in the days when she shall be spoken for." He also tells of another woman who had large breasts, and considered herself fortunate, for we find her proclaiming: "I am a wall, and my breasts like towers; then was I in his eyes as one who found favor." If further evidence was needed to prove that the large bust was popular in the days of Solomon, we need only to refer again to the Song, and read: "Thy two breasts are like two young roes that are twins;" and in another place he compares the breasts to clusters of grapes.

The parts of the female form that appeal most to men may be inferred from the words of the poets. Poets have always been considered as authorities on the subject of love, and have spent much time in writing sonnets to the objects of their affections, in which they describe the points that interest them most. Among modern female poets Ella Wheeler Wilcox undoubtedly describes passionate love from a man's point of view better than any other writer. Solomon catalogued the things that appealed to him in women. He compared the teeth to a flock of sheep that are newly shorn; the lips to a thread of scarlet; the neck to a tower of ivory; the thighs to jewels; the navel

to a round goblet; the belly to a heap of wheat sat about with lilies, and the breasts to young roes. After enumerating all these specifications, he exclaims, "How fair and how pleasant art thou, O love for delights!"

The hair as an adornment appeals to the poets. Pope says: "Fair tresses man's imperial race ensnare, and beauty draws us by a single hair." It is generally believed that highly sexed women have an abundance of hair, not only on the head, but upon the body as well. Heavy dark eyebrows are indicative of strong sexual power in the female. Brunettes are considered more passionate than blondes.

Sabouraud² says that there can be no doubt that the falling of the hair and the growth of the hair are linked with physiologic genital development. He refers to the yard-long tail feathers of the peacock, as an example, which sprout and fall in the six months which include the rutting period. He has found that after a hair has become detached it does not drop out until seventy-five or ninety days later. This delay explains why some women who are liable to habitual losses of hair find at the third month of pregnancy that their hair is unusually thick,

²Sabouraud, R.: Connection Between the Genital Development and Pathology of the Hair. Archives Mensuelles d'Obstetrique et de Gynecologie, Paris, Jan., iii, No. 1, pp. 1-160.

and that the dropping out does not begin anew until three months after delivery. Sabouraud claims that children, women, and apparently eunuchs, never become bald like men. The tendency to baldness, he adds, makes itself manifest between 17 and 22, and it is always well defined before 30. The ancient Greeks represented satyrs as bald, but with thick youthful hair elsewhere, showing that the baldness was premature. Aristotle asked, centuries ago, why men alone became bald.

The feet, especially if small, seem to have been very attractive to the poets. Small feet appearing beneath the skirt have fired more than one poet with a desire to pay tribute in verse. We find Sir John Suckling writing: "Her feet beneath her petticoat, like little mice stole in and out, as if they feared the light." Herrick has it: "Like snails did creep her pretty feet, a little out, and then as if they played at Bo-peep, did soon draw in again." Ella Wheeler Wilcox writes: "Two small slippers with big rosettes * * * peep out under your kilt skirt there * * *. And between the acts for interlude, I kissed your throat and your shoulders nude." And finally Solomon exclaims: "How beautiful are your feet with shoes!"

Well developed calves are attractive. Not only is this true among civilized peoples, but among primitive races as well. Among some of the primitive races we find the women tying cords around their legs below the knees to cause the calves to swell and thereby increase their attractiveness.

Italian women formerly used belladonna to make their eyes attractive. Atropin dilates the pupils when placed in the eye. A widely dilated pupil is an indication of amorousness, so it seems that they knew how to make themselves attractive.

Dress has its effect upon sexual desire. Sturgis³ mentions an instance of a man who confessed that there was nothing more disagreeable to him than to see a naked woman; and the same feeling existed toward statuary. He thought they were clumsy, awkward, and anatomically out of shape. The soft curves, Hogarth's lines of beauty, the swelling bosom, the well shaped hip and thigh, did not in the slightest degree appeal to him; he thought them ridiculous, if nothing more. But a woman dressed, particularly in full dress, was to him a charming object. The hidden charms did appeal to him, but undress the woman and a feel-

³Sturgis, Frederic R.: Medical Council, 1907.

ing of repugnance ensued instead of pleasure. Sturgis professes to believe that this taste is an evidence of sexual perversion, but I am inclined to the opinion that if it is, there is a large majority of men in the world who would have to be classed as perverts. My experience leads me to believe that the majority of normal men prefer to see a woman with at least some clothes, rather than entirely nude. This is the opinion held by Havelock Ellis.⁴ Shufelt⁵ says that a favorite model told him that "it was her practice to disrobe as soon after entering the artist's studio as possible, for, as men are not always responsible for their emotions she felt that she was far less likely to arouse or excite them when entirely nude, than when only semi-draped." Burton⁶ says: "Some are of the opinion, that to see a woman naked, is able of itself to alter his affection; and it is worthy of consideration, saith Montaigne the Frenchman in his Essays, that the skilfullest masters of amorous dalliance appoint for a remedy for venereous passions, a full survey of the body." The low cut waist and short skirt seem to appeal to most men, and fussy under-wear is attractive to all men. A suggestive

⁴Ellis, Havelock: *Sexual Education and Nakedness*, 1912.

⁵Shufelt, R. W.: *Studies of the Human Form*, 1903.

⁶Burton: *The Anatomy of Melancholy*.

pose, a slight lifting of the skirt and high kicking are surely very fascinating if we are to judge by the well-filled front row at the ballet. But in no instance would a wholly nude woman be half so attractive as the one neatly, if scantily clothed.

A large development of the buttocks is attractive to most men. It is said that the Hottentots when selecting a wife, have all the marriageable women to stand in a row, then select the one whose development extends the greatest distance behind in the line.

Dancing, especially the Oriental muscle-dances, and the more modern western dances, have a tendency to excite sexual passion. Penny, speaking of the Nautch-girls of India, says: "Her songs are often coarse and obscene, considered in the light of European opinion, her poses in dancing are calculated to rouse the worst passions in the Oriental who does not fail to comprehend their meaning." A writer describing the dances of North India says that in every dance there is an abandonment to emotion that produces frenzy in the dancers, and is frequently communicated to the audience, until, as in the South of India, the dance degenerates into an unlicensed orgy.

Our ideas of beauty are confined to form and

figure rather than to color. Savages claim that the white "sickly" color of our women is not to their liking. This may be explained as due to the belief that dark skinned women are more amorous than their fairer sisters. The Greeks were considered the highest type of mental development among the ancients, and they admired the blonde because they believed this color to be indicative of the pure Hellenic blood.

The ideal of beauty among the Turks, Persians, Africans, and some South Americans is the "fat" or stout woman, and the ladies of these countries will diet themselves for the purpose of increasing their flesh, as do our stout ladies to reduce their weight. In some African tribes artificial means are adopted to elongate the breasts. In China it was formerly the custom to bind the feet until they were deformed so that they were practically useless as a means of locomotion.

In all instances women have ever dressed and moulded their form to please the men, and it would seem that men are best pleased with that woman who will by her body, training, or dress excite sexual desires. Joyce and Thomas' relate an amusing instance which brings this fact

¹Joyce and Thomas: Women of All Nations, 1911.

out very forcibly. A lady missionary was trying to impress the folly of foot-bandaging on a Chinese girl. The girl said: "Me squeezy feet; you squeezy waist; alle same what for? Get husband?"

Considering the foregoing it is evident that the female that is pleasing to the eye will be much sought after by the men. *Formosa facies muta commendatio est.*

CHAPTER V

IMPOTENCY

There is probably no one thing that will so depress the spirits and ambition of a man as will the fear of losing his sexual powers. Once he gets to brooding over his sexual condition, the stronger will become his conviction that he is failing. He is unable to attend to his business affairs as he was before, and his business begins to fail. Men who have been noted for their business acumen will all at once, without any apparent reason, lose control of their affairs, and failure follows. The idea that he is failing sexually will so prey on his mind that it will become an obsession with him. Through fear of failure he will be unable to perform the act a few times, and then he will be unable to longer concentrate his mind upon his business problems. Many business failures could be traced back to this source. It would be best for men, when they fear they are failing, to retire from business, until such a time when they may have established their confidence in their own sexual powers. The influence of the mind over the body cannot be ignored. I am

thoroughly in accord with Flint,¹ where he says: "I firmly believe that the greater number of deaths, instead of being the result of specific diseases, to which they are attributed, are really caused by a series of imperceptible malign influences, springing from corroding cares, griefs, and disappointments. To say that more than half of the human race die of sorrow, and a broken heart, or in some way fall a victim to their passions, may seem like advancing a revolting doctrine; but it is, nevertheless, in my mind, a simple truth."

I am convinced that the greater number of cases of failing sexual power are due to psychic causes, and that they may be relieved by bringing the patient into the proper environment together with suitable treatment; still, there remains a number of physical causes that may be met with occasionally, and which must not be overlooked in considering the subject. This phase of the subject will be treated but briefly, as such cases as are amenable to treatment come under the head of surgery, and are well treated in books on that subject. It is well to note, however, that in many instances conditions believed to be due to physical defects are in reality due to psychical causes. A thorough examination

¹Flint, Timothy: Droz's *The Art of Being Happy*, 1832.

is advisable in all cases. Briefly the more common physical causes of sexual incompetency in the male are classed under the following heads.

Stricture may interfere with the act or produce irritation that will cause premature emissions to follow. In such cases the evident thing to do is to remove the stricture and cure the irritation. More often it will be found that there is no stricture, but that a congestion of the mucous membrane resulting from gonorrhea reduces the caliber of the urethra. Real stricture is not common. Frequently treatment for stricture which failed to give results has been found to have not been stricture.

Hypertrophy of the prostate may cause a discharge too early without erection. Hemorrhoids when very much inflamed and painful may cause emissions on account of the inflammation extending to the glands. Constipation is also a cause of emissions, especially those emissions which occur at stool.

The size of the penis does not matter so much so far as the ability to perform the act is concerned, providing the woman has sufficient contractile power of the vagina to close sufficiently about the organ and produce the necessary friction.

Among other physical causes of impotency,

or inability to perform the act, may be mentioned: calculi of the prepuce, elongated prepuce, and shortness of the frenum. Where the frenum is so abbreviated as to make the erection painful, the pain will be so severe that copulation becomes practically impossible.

The penis, like all other muscular organs, may be enlarged by massage and use.

Sometimes we meet with a case where there is an adhesion of the penis to the scrotum. In cases of this kind surgical interference is plainly indicated.

A bifurcated urethra is sometimes found, but like the foregoing the condition is rare. It is believed that this condition would prevent the owner from becoming a father. There appears no valid reason for this belief so long as the urethra opens at the end of the penis. Even in the rare cases where the opening is at the side and back of the glands, fecundation would still be practical by artificial means. In a case of bifurcated urethra I would attempt to remedy the trouble by an operation.

Varicocele, especially in the later stages when the testicles have become soft and spongy, will cause a loss of both desire and ability to perform. Loss of both testicles may be considered a sure indication of impotency although

where the testicles have been removed after one has reached manhood, he may still be able to copulate for quite a while after the loss of the organs.

Gonorrhea is unquestionably the principal cause of those cases of impotency that are usually ascribed to physical troubles. It is interesting to note that impotency is rare among farmers and other classes who are not so prone to contract gonorrhea. Early marriages seem to be productive of sexually strong men, and impotency is relatively rare among those who married early and continued in the marital relation.

Obesity may be mentioned as a very frequent cause of failing power. Fat men are said to be poor bed-fellows. By reducing flesh these cases usually regain their former power. Persons in the later stages of consumption frequently show remarkable sexual vigor. Sexual power and desire seem to increase with emaciation. Nature makes a strong effort to preserve the species.

Aside from the inability to obtain and sustain an erection the most of my cases have been about equally divided between those who complained of premature ejaculation, and those who failed to reach an orgasm. Premature dis-

charge will generally be found to be caused by an irritated condition of the prostate or neck of the bladder. Old chronic cases of gonorrhea are frequently troubled in this way. I have experienced greater trouble in relieving the patient who has no trouble in securing an erection, but can only after long continued effort, if at all, reach an orgasm. So far, the only remedies that have given any decided relief in these cases in my practice are lycopodium, cantharides, and ambergris. Local application of nitrate of silver to the deep urethra has given some relief.

CHAPTER VI

PSYCHIC IMPOTENCY

Sexual neurosis in the male is frequently due to some pathological lesion in the prostate, seminal vesicles, or the spermatic cord. Such conditions are common where there has been a recent gonorrhreal urethritis. It is a condition that is not always easy to diagnose, as the patient frequently complains of symptoms remote from the point of pathological lesion. The cure is more difficult than the diagnosis. The symptoms complained of vary from time to time, and are out of proportion to the extent of the lesion. The patient will have an entire new set of symptoms at each visit, and they will range all the way from a slight unpleasantness to complete physical disability. A complete history of the patient as well as of the case must be obtained, as a neurotic temperament or tendency will usually be found to be a predisposing cause. Nowhere will you find the mental element so strong as in sexual neurasthenia or psychic impotency. The words of Droz¹ are especially applicable in this connection: "Another influence adverse to life, is that mental feebleness, which

¹Droz, M.: *The Art of Being Happy.* Flint's Edition, 1832.

rendered them — fair, sojourning in
their realm. These were unhappy, and
their thoughts were full of gloom of life, the s-
ufferings and afflictions of their anxious ex-
pectation. As they sat in their houses sick their
soul perched on the roof, and will brood over
the torment of the body and the failure
of the soul. They were in fear of a future
and the day of judgment. They had no power
over themselves.

"The Lord sent me to you to comfort
you, that you may not be afraid of your
deaths. You have been in great trouble,
but I shall comfort you, and
will intercede for you.

"I am the Lord,

I made you, I created you,

and I will sustain you,

and I will support you,

"I will be your

comforter, I will be your

consolation, I will be your

support, I will be your

"I will be your

comforter, I will be your

consolation, I will be your

support, I will be your

"I will be your

comforter, I will be your

consolation, I will be your

"I will be your

comforter, I will be your

"I will be your

Hudoovering³ mentions a form of psychoneurosis in men who have settled down into bachelor existence with considerable business responsibilities but finally were making arrangements to get married and were worried for fear they were not going to be capable of fulfilling their conjugal duties. From worrying it is merely a step to a neurotic phobia with psychic depression, loss of confidence in all the affairs of life, loss of appetite, palpitation, dizziness, and a whole train of neurotic symptoms which would cause failure through fear of failure.

Sidis⁴ says that the anxiety states of neurosis and psychosis are essentially the offspring of fear. The anxiety states are due to the awaking of the fear instinct normally present in every human being. The fear instinct is a fundamental one, it is present in every normal human being; it is only inhibited by the whole course of civilization and by the training and education of social life. It is however awakened by the mother while carrying her child. Thus we find that illegitimate children as well as most legitimate ones that were unwelcome, are inclined to melancholia and fear. This it

³Hudoovering: Sexual Neurasthenia in Engaged Bachelors in the Forties. *Medizinische Klinik*, March 30, iv, No. 13.

⁴Sidis, B.: Fear, Anxiety and Psychopathic Maladies. *Journal of Abnormal Psychology*, March 30, 1911.

would seem is due to the awakening of the fear instinct in the mother.

Should a case present a local lesion, treatment must be directed to its relief, but attention must be given to overcoming the mental fear of failure. A very successful means of meeting this condition was that devised by an advertising specialist and which consisted of an electric chair. He cut a large hole in the seat of a wood bottom chair, and attached a shallow pan beneath the hole. One pole of a galvanic battery was attached to the tin receptacle and the other to a head rest at the back of the chair. The mode of operation was to cause the patient to sit on the chair with his organs suspended in the receptacle which was filled with water. The head rest was adjusted to the base of the brain. Suggestion was given that as the treatment progressed the organs would regain their old time power. At the first treatment no current was applied. At each subsequent treatment the current was gradually increased until the desired effect was obtained. It was claimed that the results of this treatment were all that could be desired. A case came under my observation of a married man who was experiencing trouble along this line. A ring was devised made of a coiled spring which was insulated all

over except a narrow surface on the inside. This was placed over the penis close to the body. The ring was connected by wire with one pole of a small battery, while the other electrode was held in the woman's hand, at the proper time. This device gave the relief desired, and was pronounced by the patient to be "a great improvement on nature."

Another frequent cause of failure which should be considered is a lack of response on the part of the woman. A woman who experiences no pleasure in the embrace, or who through fear or dislike fails to respond to the advances of the man, can soon kill all the desire he may have, and cause him to become sexually indifferent or incompetent so far as she is concerned. He will probably seek more congenial fields and a house divided against itself will be the result, unless he does as many do, thinks that he is the party to blame and goes to the physician for relief. Churchill expressed a great truth when he wrote: "But spite of all the criticising elves, those who would make us feel, must feel themselves." The woman who learns how to act well her part will have no trouble in retaining the love of her husband. This is knowledge, however, that cannot be obtained in a correspondence school.

When a man has once failed with a certain woman, he may experience considerable trouble for a time with any woman, but should he again be successful with the one with whom he failed he will find that his powers have returned.

Some men are unable to perform the act in strange houses, strange beds, or in unaccustomed positions. Women are also similarly affected and more often than are men. Most women have certain postures that they prefer and are often unable to reach an orgasm in any other position.

Most men experience periods of a week or so at a time when they are below par sexually, but after this period has passed are themselves again. This is sometimes styled the menstrual period in men. A period when they are indifferent to sexual matters. In this the effect is opposite that upon the female during the menstrual period. By explaining this fact to our patients we can often set their minds at rest.

Instances are recorded where a man has become impotent while trying coitus, by thinking about the failures in copulation of another of whom he had heard.

Temperament has much to do with sexual incompetence. Descourlitz describes the characteristics of the frigid apathetic lymphatic con-

stitution as indicative of anaphrodisia. Tissot has given examples of the anaphrodisiac of intense mental occupation on the generative functions, and Peyrilke reports the case of a mathematician whose problems so engrossed his mind that he was incapable of ejaculation. It has also been noted that the sexual organs of very close students have not developed in proportion to other parts of the body. I have had patients who claimed that they were unable to perform the act on the night they had attended a moving picture show and become greatly interested in the picture. Girls and women who read novels a great deal are inclined to be indifferent for the reason that they cannot keep their minds away from the stories they have been reading. In such cases it might be well to prescribe that they read Boccaccio's Decameron. Love or desire may sometimes become so intense as to defeat its own object, rendering a man incompetent with the one with whom he is most anxious to acquit himself well.

The sexual powers are most marked in the sanguine temperament, and those women who are large, florid, and have an abundance of black or brown hair. The lymphatic temperament with sparse hair is said to be cold and devoid of sexual impulses and desires. Blondes are considered cold and indifferent.

Extreme joy may cause a man to become impotent. Roubaud mentions a patient that became incapable of coitus when he learned that he had won a large sum of money from a lottery. Impotence has followed railroad and steamship wrecks, due to shock. Prolonged continence may cause atrophy of the genital organs and loss of power. Malchow⁶ calls attention to the fact that when suggestive acts on the part of the man do not meet with ready response it has a tendency to cause anger and resentment, which in turn causes him to become incapable of cohabitation at the time.

Most of these conditions may be overcome and the patient be relieved. Suggestion, stimulants, diet, perfumes and electricity are of use, but the entire confidence of the patient must be secured before a cure can be effected.

⁶Malchow, C. W.: *Sexual Life*, 1905.

CHAPTER VII

MASTURBATION AND EMISSIONS

Perhaps more has been written about masturbation than any other sexual subject. It has been held before the youth of the land as the most dangerous habit that one could acquire. Fearful are the results that follow this habit, even if indulged in to ever so limited extent, if we are to believe the writers of a century ago, as well as non-medical writers of later date. It is easy to form the opinion that insane asylums and feeble-minded institutes are maintained solely because of this habit, if we believe these writers.

While I do not want to minimize the bad results that may and sometimes do follow the habit if indulged in to excess, yet, masturbation, if not practiced to excess is no more injurious than is coitus interruptus. In fact the latter habit is really more injurious when indulged in to the same extent. Coitus interruptus has the added evil that it affects both the male and female. Many of our worst cases of neurasthenia may be traced to the latter habit.

The injury of the male by masturbation lies in the loss of the glandular secretions, which if

one is continent are absorbed by the blood and lymph streams and carried to the muscles, brain, and spinal cord, there to produce their magic power. When these secretions are discharged they are lost, and, if the loss is excessive it will soon be felt in the weakness of the system, inability to concentrate the mind, and irritability. Boys and young men, while in school, should conserve the vital force as much as possible, as they require all the vital energy they can obtain to support the growth of the body and the strain on the brain and nervous system due to study.

Masturbation and coitus interruptus are more injurious to the system than normal and complete coitus because of the fact that there is a psychic impulse received from the partner in the normal act which is absent in the interrupted act.

The action of the secretions from the Bartholinian glands upon the male organ is well known, and it is not unreasonable to believe that the secretions from the male will have a similar effect upon the female. In coitus interruptus not only is this effect lost, but there is a decided nerve shock to both parties. This soon leads to neurasthenia and despondency.

Sturgis¹ holds that nocturnal pollutions are not injurious, and that emissions in the natural sleep are not a cause for alarm. On the other hand, he says that where involuntary pollutions occur during the day it is very injurious. My experience in treating this class of cases leads me to believe that the physical and mental depression is due to the loss of the secretions, and that depression must follow an excessive loss regardless of the hour that the loss takes place, and the greater the loss, the greater will be the depression.

The really virile man is the one who conserves his testicular secretions that they may go to build up and charge with vim and vigor the muscular system and the brain. The hard worker will use up more than the man of leisure, and it is well known that the latter furnish the greater per cent of our cases. The good liver, who does but little work, either physical or mental, and is more or less constantly in the company of women will frequently store up an excess of these secretions, then if not relieved through masturbation or coitus, nature will relieve the congestion by discharging through the urethra. In this connection man may be com-

¹Sturgis, Frederic R.: Notes and Reflections on the Causes Which Induce Marital Infelicity Due to the Relations of the Sexes. Medical Council, July, 1907.

pared to a steam boiler. When the pressure of the steam in the boiler becomes too high it is permitted to escape through the safety valve. In the normal man, the excess is discharged by emissions. The man of leisure can stand a greater drain by sexual excesses than the one who does exhausting mental or physical labor, as his system will not take up so large an amount of the secretions. If, however, the spring of the safety valve on the boiler should become so weak that it would not hold the pressure the steam would escape as fast as generated and there would be no power come from the boiler. In the case of the man if there is a weakness that permits a continual loss of semen he will become weak, discouraged, and despondent. There is also a similar condition in women. An excessive secretion from the Bartholinian glands and the uterus greatly weakens the woman, and is followed by conditions similar to those found in men. We see that masturbation and sexual excesses are very injurious to women, when they reach the stage of excitement where there is a discharge from the glands, or an orgasm. Women frequently experience the sensation of a discharge from the Bartholinian glands when dancing or when being caressed. We often see young women who

are engaged or keeping company with a man, becoming weak, nervous and listless, and girls who dance complaining of feeling weak and irritable the day following the dance. This is due to the over-excitation of the sexual organs and the loss of the secretions.

I cannot agree with those writers who claim that as there is no seminal discharge there can be no injury to the woman from masturbation, other than that due to reflex nervous conditions. I am convinced that the evil result from masturbation in the female is fully as great as it is in the male. The loss of the secretions from the female organs is nearly as depressing to her as the loss of semen is to the male. Women experience a discharge from slighter stimuli than do men. It may be brought on by dreams; by kissing; by contact with the partner in the dance, and by pictures, stories, and day-dreams. Women frequently confess to becoming "wet" (discharge from the Bartholinian glands) when their breasts come into contact with their partner in the waltz.

The treatment of these conditions calls for a removal of the cause so far as possible. If there are emissions or pollutions we usually find that the safety valve spring is weak, hence tonics are indicated. The young woman who is

engaged and experiences a feeling of weakness and becomes despondent and irritable should be advised to hasten her wedding day. The girl that dances may be advised to refrain from the dance. The latter cases as well as all masturbators should be placed upon sedatives. *Salix nigra* aments persistently used will control most of these cases. The hooded clitoris must be unhooded. The elongated foreskin should be abbreviated. After all causes of irritation are removed, sedatives should give relief. Circumcision in itself will not prevent the boy from masturbating, but it is often necessary to perform the operation before we can secure any lasting benefits from our treatment. On the other hand the circumcision of girls is generally followed with a discontinuance of the habit, and their health and dispositions show a great improvement.

The removal of the testicles stops the secretions that marks the difference between the strong, high-headed, sleek-coated, spirited stallion, and the stupid, plodding gelding. The removal of the ovaries changes the brilliant fascinating woman into an indolent, careless one. Asexualization changes the individual, physically and mentally, from an energetic, hopeful attitude to a careless and despondent one.

The effect of asexualization is well illustrated in the cases in the Kansas School for the Feeble Minded, at Winfield. During the administration of F. Hoyt Pilcher, at this institution, asexualization was performed on fifty-eight inmates. Fourteen of these were girls and forty-four boys. In 1911 there were fourteen girls and twenty-two of the boys still remaining in the institution. In reporting upon their mental and moral faculties, twelve years after sterilization, Cave² says: "Mentally, I see no especial change in any particular. Their school work shows no marked superiority over others who are in possession of all their organs. Morally, they are not addicted to onanism and other prevalent perversities but this is not because their standard of morality has been elevated, it means that the elimination of physical factors has caused the betterment. The average age at the time of operation was twenty years. Of the girls but one has become obese. Menstruation has ceased in all cases with atrophy of the uterus. Nearly all the girls at the period corresponding to the monthly epoch complain of backache, 'bearing down' sensations in pelvic region, and are obliged in a few cases to cease

²Cave, F. C.: Report of Sterilization in the Kansas State Home for the Feeble-Minded. Journal Psycho-Asthenics, March, 1911.

their household duties and rest in bed. The symptoms being very similar to conditions if flow was present. Atrophy of the breasts noted in all cases. All desire for sexual intercourse and all erotic fancies seem to have been eliminated. Several are epileptic, the removal of the ovaries having no influence on their seizures. In appearance of face and body there is no difference whatever, except the atrophy of the breasts, and also in nearly all cases of blanching of the entire skin giving the individual a fairer appearance. Among the boys, three have become obese. One especially assuming the feminine type, high pitched voice, development of the breasts, loss of hair on face, change of bodily contour. All the boys have usually fair skin, and most of them have scanty beards. All sexual desires have been lost and they are impotent in every sense of the word." This is the most complete description of the effects of asexualization that I have seen. It also proves that no mental improvement may be hoped for from this operation. The only operation that can be advised with the knowledge we now possess, is that of ligating the vas deferens of the male. This will prevent reproduction, and, while it would not prevent masturbation, it would conserve the semen to be absorbed by the system.

It does not appear to make much difference as to the age at which castration takes place, the result is the same in any case. A few of the Kansas cases were operated upon before puberty, but they show no material difference from those that were sterilized in adult life. The point here is that while castration will prevent masturbation as well as all sexual desires, it leaves the patient in such a condition that no possible improvement may be hoped for in any way.

With men there is a limit to indulgence due to the impossibility of provoking an erection after a certain amount of indulgence. With women there is practically no limit, as by playing the passive part she can stand continual intercourse, or masturbation for a long time. One case was reported to me of a prostitute who received the attentions of thirteen men, one right after another, without rising from her position on a pile of hay. Wantz⁸ says that to his personal knowledge thirty-two men visited one girl in Chicago in a single night. The vaginal mucous membrane may become very tough and resemble parchment after continual sexual excesses or from the use of strong acids in the

⁸Wantz, Herbert E.: *Medical World*, May, 1912.

douche.* In such cases nearly all sensibility is lost. I have seen feeble-minded girls pick up a rough stick and use it with which to masturbate, and continue until their attendants would stop them, but no case of injury was ever reported.

*It is frequently the case that women who have been accustomed to the use of strong acids in the douche water, have found that the pleasure of coitus has faded them and they have become indifferent to the act. The acids injure the mucous membranes and deaden their sensibility. Strong acids should never be used. Nitrophate of quinine in the douche will not only give as good results as well acids, but at the same time it will soften the membranes and leave them in a velvety condition with increased sensibility.

CHAPTER IX

TREATMENT OF IMPOTENCY

The treatment of impotency may be divided into local and internal, or remedies for internal and for local application.

A great variety of remedies have been tried with more or less success in the treatment of impotency. A general review of the remedies and methods prescribed will not be out of place at this time.

Roubaud praises nux vomica applied to the glands, and Stimpson recommends echinacea locally. Hunt¹ claims good results from the following:

R	Tinc. capsicum	m. xxx
	Boracic acid	3 j
	Petrolatum, qs.	5 j
	M. Sig.: Apply locally four times a day.	

Murrell² gives the following formula for a local application:

R	Tr. cantharides	3 ss
	Water	5 iv
	Cologne to scent.	
	M. Sig.: Apply locally to parts.	

¹Hunt, Vere V.: Medical World, 1907.

²Murrell, William: A Manual of Pharmacology and Therapeutics, 1896.

The Vaidas of India³ place great faith in a local application prepared according to the following formula:

R	Pellitory root	gr. xlviij
	Nutmeg	
	Mace	
	Cloves	
	Mercury	
	Cannabis indica	
	Yellow arsenic aa	gr. iiij

To be finely powdered and made into small pills with spirit. When required one pill is powdered and made into a thin paste with spirit and applied at night.

Combinations of musk and capsicum, and of echinacea and cantharides in an ointment have been tried locally and some favorable reports have been made on their use.

All forms of splints, rings, pumps and similar mechanical contrivances have proven such failures that I consider it a waste of space to give them any attention.

A few years ago the operation of ligating the dorsal vein of the penis was highly recommended as a remedy for deficient or entire lack of erection. Rawlings⁴ reported seven cases which he claimed were cured by this operation. If any relief was ever gained from this method

³Aphrodisiac Remedies, Delhi, India, 1910.

⁴Rawlings, G. B.: Medical World, May, 1909.

it must have been due to the psychic effect, and not from the physical change. I had not heard of this operation being performed for several years, until it was called to my notice by a query in a leading medical journal.⁵ The reply of the editor is so concise and to the point that I will give it in part: "Naturally it was considered logical to treat men with impotence by an operation to, or even a ligation of, the dorsal vein of the penis. The operation several years ago was in vogue, but the ultimate results have not been favorable. In some cases after ligation of the dorsal vein, there is practically no change in the erectile power of the penis, the blood escaping from the penis through the superficial veins; in other patients the immediate result is a complete erection lasting from a few days to several months, usually accompanied by pain, which gradually subsides as the collateral circulation is established through the superficial veins, and then the patient is in the same condition as before." The operation is a simple one to perform, but it cannot be considered good practice to resort to an operation which promises such uncertain and doubtful results.

Turnbull (1807) in his history of his voyages mentions the use of the seminal fluid itself as

⁵Journal American Medical Association, April, 1913.

a remedy for loss of virility by the inhabitants of the Island of Oteheite. An instance came to my knowledge a few years ago, where a man who kept a breeding barn for horses and jacks, had a habit of applying the secretions from the mares to his genital organs, claiming that it greatly increased his power and desire.

Much has been claimed for electricity in the treatment of this condition. It is, however, doubtful if there is really very much virtue in electricity as used in the treatment of impotency. Sparks to the lumbar spine and perineum, and the static wave to these parts has many advocates. In the early stage of irritable impotence with premature ejaculations, the patient will suffer from deep urethral sensitiveness, which may be relieved by the introduction of a steel sound and the application of galvanism. I have apparently gotten some good results with this treatment, but I am not so sure but that the effects were due largely to suggestion. It is proper to use electricity, the vibrator, or any other means that will impress the patient with the thought that you are doing something, and that you have the ability to give him relief.

Tobacco smokers, especially those who exhale the smoke through the nose, are usually the

hardest to cure. The habit must be discontinued, and treatment directed to restoring the nasal membranes to a normal condition. A very large per cent of the cases of impotency that come to our knowledge are due to the use of alcohol, tobacco, and narcotic drugs. In fact, aside from the relatively few that are purely neurotic, or that have some physical disability, we seldom see a case except in a user of alcohol, tobacco, morphine, or cocaine. But little encouragement can be offered the patient who uses tobacco or narcotic drugs so that they have direct effect upon the mucous membranes of the nose.

A careful examination of the deep urethra should be made in all cases, using the urethroscope. In those cases where an erection cannot be had, the whole sexual system and penis appear to be bloodless. This anemic condition should be treated in the same manner as one would use in treating a similar condition in any other part of the body. We must use such remedies and means as will stimulate an increased flow of blood to the parts. Cantharides is no doubt our best internal remedy for this condition. Care must be exercised in its use, as serious consequences may result from over-doses. A very effective way to increase the flow of

blood to the parts, is recommended by Mowry,⁶ which is to inject a 2 per cent solution of nitrate of silver into the deep urethra, using an Ultzman syringe. Care must be exercised that the solution does not come in contact with the anterior urethra. The syringe nozzle should be well lubricated with vaseline. This treatment given every second or third day for a while will usually be followed by strong erections, and if the predisposing cause is eliminated there will be no further trouble, at least so long as there is a slight local irritation. I use this treatment in all cases when I find upon examination that the tissues appear to be bloodless.

A great many formulas for the treatment of weak erections have been proposed. Some of them have given results in selected cases. Hunt⁷ uses saw palmetto and kola according to the following formula:

R Fl. ex. saw palmetto
Elix. kola comp. $\frac{5}{4}$ iv
M. Sig.: Teaspoonful night and morning.

Hammond recommends the following:

R Zinc phosphide gr. $\frac{1}{10}$
Ext. nux vomica gr. $\frac{1}{4}$
M.: For one pill daily.

⁶Mowry, Albert E.: Some Sexual Disorders in the Male: "Impotency and Involuntary Seminal Emissions." Illinois Medical Journal, March, 1913.

⁷Hunt, Vere V.: Medical World, 1907.

Gross⁸ uses the following:

B	Tr. nux vomica	
	Tr. ferri chloridi	
	Tr. cantharides ää	3 iv
	M. Sig.: Ten drops three times a day.	

A formula that is in general use in England, in the treatment of impotency, is recommended by Latham:⁹

B	Ext. damian	gr. iij
	Phosphorus	gr. $\frac{1}{60}$
	Strychnine	gr. $\frac{1}{60}$
	M.: Sig. One pill thrice daily.	

Latham¹⁰ also gives the following formula:

B	Ext. damiana liq.	
	Syr. glycerophosph. com.	
	Syr. hypophosph. com. ää	M. xxx
	Dec. hordei ad 1 oz. in a little water thrice daily.	

Murrell¹¹ recommends the following combination:

B	Tr. cantharides	3 ijss
	Tr. chloride of iron	3 ij
	Tr. nux vomica	3 iss
	Diluted phosphoric acid	3 ss
	Glycerine	3 iij
	Elix. orange	3 j
	Water qs.	3 viij
	M. S.: An eighth part to be taken three times a day, after meals.	

⁸Gross, Samuel W.: A Practical Treatise on Impotence, Sterility and Allied Disorders of the Male Sexual Organs, 1887.

⁹Latham, Arthur: Dictionary of Treatment, 1908.

¹⁰Ibid.

¹¹Murrell, William: A Manual of Pharmacology and Therapeutics, 1896.

In another class of cases we have premature ejaculation or emissions. On examination we find that the deep urethra is in a highly inflamed or irritated condition. Our duty in these cases is to reduce the irritation. Of the local remedies for this condition hamamelis is possibly our best remedy. It should be injected into the deep urethra. Internally, salix nigre, cannabis sativa, and gaultheria are effective remedies in overcoming the severe irritation. Robinson recommends the following combination:

R	Ergotin	gr. ij
	Hydrastine hydrochlor	gr. $\frac{1}{4}$
	Lupulin	gr. ij
	Camphor monobromide	gr. j
M. to one capsul. Sig.: One three times a day.		

me time give strontium bromide, 10 times a day.

thuja, two drams to four ounces onful every three hours. At drop doses of ergot at bed-

very
12 that masturbation is a
ed condition, and that

¹²Mowry,
and Involun-
1913.

orders in the Male; "Impotency
Illinois Medical Journal, March,

the greater number of cases of nocturnal emissions are due to other causes. Masturbation in most instances is only the result of irritation of the deep urethra. Many men have nocturnal emissions who never masturbated.

Irritation of the urethra and prostate will frequently increase desire. It often occurs that old men, no longer capable of performing the sexual act, will persist in coming to the physician for treatment, for the reason that they experience a sensation of sexual pleasure in having their prostate massaged. Especially is this true when the massage is continued to the point of forcing out the secretions (milking the prostate). Many of these old men secure all their sexual pleasures through these treatments.

In prescribing for a case of impotency we must not overlook the benefits to be derived from suggestion. Suggestion is one of the most potent factors in the treatment of all diseases, and is especially applicable in sexual disorders where the mental element plays so strong a part. Methylene blue is our greatest suggestive remedy. When we tell a patient just how a remedy is going to act, and he can see for himself that we were right, it makes an impression on his mind that will go a long ways toward making a cure. Aside from its value from a

suggestive point of view, this is a remedy that has a great range of usefulness.

Attention should be given to the condition of the nose. If stuffed or a catarrhal condition is present it must be remedied. The acuteness of the sense of smell should be improved if possible. The man whose sense of smell is dulled will prove a failure as a demonstrator of love in a college of matrimony.

Diet is an important factor in the treatment of impotency. The Hakims and Vaidys of India¹³ prescribe a diet consisting mostly of animal foods, such as testicles of goats, roasted and prepared with salt, peppers, eggs of hens, crocodiles, crabs, turtles, flesh of rats, frogs, the eggs of the sparrow, and similar articles. While we would not care to advise our patients to eat all of these articles, we can prescribe eggs, rich meats, brains, oysters, etc. It is a popular idea that fried oysters, boiled eggs, and rare steak increase the sexual powers. Preserved ginger root as sold by the Chinese stores is said to stimulate the sexual apparatus.

¹³Aphrodisiac Remedies. Delhi, India, 1910.

CHAPTER X

RACE SUICIDE

That the birth-rate is steadily decreasing in all Christian countries cannot be denied. The reports of the census enumerators must go unchallenged. The decrease becomes more noticeable every year in countries where vital statistics are reported.

France seems to be the greatest sufferer among the nations from a declining birth-rate and a high infant mortality.

In London it was recently found advisable to close one of the oldest schools because of the lack of children to attend it.

In Germany the birth-rate has been steadily declining since 1876, when it amounted to 426 per ten thousand inhabitants, and since the year 1910, as pointed out by von Gruber, there has occurred a more marked reduction. In 1911, the number of births dropped about 60,000. The excess of births over deaths in 1906 was 149 per ten thousand; in 1911 it was only 113. In the Kingdom of Saxony, which was formerly extraordinarily fruitful in children, the reduction has been more marked. In that Kingdom

the birth-rate has diminished since 1876 by about 40 per cent.

There is apparently a religious and political influence that may be noted in the diminishing birth-rate in Germany. It is seen from the reports that there is a more marked reduction in Protestant than in Catholic districts. Likewise, those districts in which the representative is a socialist show a more marked reduction. The birth-rate in Berlin in 1912 was no longer sufficient to maintain the population by its own increase.

In England and Wales, before the war, the reports show that conditions were nearly as bad as in Germany. The large number of marriages because of the war, as well as the greatly increased per cent of illegitimate or "war babies" has failed to stop the decrease in births, so the records of the registrar-general show that, compared with the average in the ten years from 1903 to 1914, the birth-rate in the first year of the war showed a decrease of 2.1 per thousand.

That class in all countries that is best able to provide for children and give them proper training and education has come to look upon the advent of a baby in their homes as but little short of a calamity. This class gives more attention to means of preventing conception and

procuring abortions than they do to the study of child welfare. Hence, it becomes the mission of the women in the humbler walks of life to maintain the population of the country by raising children.

If the number of children were near equally divided among the rich and poor families, it is a question as to which would give to the world a better class of men and women. On the one hand we would have the pampered hot-house child with little conception of the duties of good citizenship, while on the other extreme would have undernourished and uneducated children of overworked and underfed parents. Happily, there is a great middle class in this country which produces the majority of the children, strong of mind and body, and who thus maintain a balance in favor of good citizenship and good government.

It is evident that girls raised under industrial conditions that require them to work long hours in factories; or in commercial pursuits that compel them to be upon their feet for long periods; underfed and undeveloped, cannot be depended upon, when they assume their place in the ranks of the mothers of the land, to bring forth strong children. Without strong, healthy, educated girls we cannot hope to have good

mothers, and without healthy, well-developed mothers, and virile fathers, we must not expect bright healthy children.

While it is true that the mentally and physically unfit will continue to mate and bring forth children that are below par, yet it is not alone from this class that we receive our large and increasing number of degenerates. In fact a very small per cent of our dependents come from those who were naturally weak. The greatest number of the children born into the world bearing a death sentence with them, come from parents who at one time possessed clear minds and strong bodies, but who through evil habits and vices have become incapable of producing offspring who will be mentally and physically capable of meeting the demands of life.

The law of compensation applies well to this condition. The wealthy classes considering children an impediment to their social careers, will not raise them. At the same time, through their wealth they control the industries of the country, under which the poor girl must work long hours in factories at wages which barely permit an existence. Then after this girl has become weakened by the drain upon her system, she marries and brings into the world a puny child, handicapped through the weakness of

its parents. The child grows up and finally lands in the penitentiary or the insane asylum, where the wealthy must care for it through taxation upon their wealth. It would seem that it would be much better to protect the man and woman in the first place so that they could produce strong children. From a purely mercenary standpoint it would be better business than to maintain so many nonproductives in eleemosynary institutions.

What this country needs is not so much higher wages and shorter hours of labor, as it is an opportunity to own a home. Marrying will never go out of fashion among those who can afford it.

Early marriages are to be commended. The young man and young woman who marry early and establish their own home will live cleaner and more useful lives. They will know less of the evils of the world than will those who wait to found their home until they reach a more advanced age.

The philanthropist or community that will build small suburban cottages on lots large enough to permit of the keeping of some chickens, a cow, and for a garden, and will sell these homes at cost to newly married couples, on condition that they must live in their own home,

will do more good than if they contributed all the money in christendom for colleges and hospitals.

The greatest producer of sexual crime and destroyer of virtue ever conceived in the mind of man is the co-educational school. People who would not permit their pigs of both sexes to run together think nothing of their boys and girls attending school together, and being in each other's company until late hours at night. I know many good people who are very careful to lock up the hen coop at night, and count the chickens to see that they are all in, who never know when their young daughters come home or what company they may be in. The children are not to blame. They were just unfortunate in the selection of their parents. There are a few facts so well established that they leave no room for argument. Young girls, while they are menstruating, should not be in the company of men or boys. Children of both sexes should be in charge of female teachers until they reach the age of puberty. After puberty girls should be under female teachers and boys under male teachers. An almost ideal system of schools was that of the Cherokee nation. In the National Indian schools the sexes were separated. As the schools were some distance

apart, there was no opportunity for the children to make a love affair of their school days. There were no little Cherokee maidens wearing tube skirts and low necked waists, their faces painted in glaring colors, attending the national schools.

Another thing that contributes to the production of a low grade of children, is the tobacco habit. In my experience in charge of Institutions for the Feeble-Minded, I never saw an inmate that was not the child of tobacco using parents. The worst cases were those whose father and mother both used it. The study of homoculture reveals the fact that the use of narcotics by the father will show in the weak mentality of the child, while their use by the mother affects the child both mentally and physically. The children of tobacco smokers are dull and backward. They do not readily reach the higher grades, and a very small per cent complete the high school course. Elliott¹ says that "children inherit certain predominating influences from their parents and that it is a very hard matter to change these by training or otherwise. It can be done, but it isn't being done except in very rare instances. Very few have a careful father and mother to direct them."

¹Elliott, Albert W.: *The Cause of the Social Evil and the Remedy*, 1914.

The tendency of the wealthy classes has always been toward small families. Even Solomon, if we accept the record we have as being a complete report, was not an advocate of a large number of children. With seven hundred wives and three hundred concubines he gave to the world one child—Rehoboam.

With mother's pensions and better housing conditions the race suicide problem may in time be solved. Whenever large families become fashionable our women will vie with each other to see who shall have the larger number, but so long as babies are looked upon as impediments to social caste, the decline will continue.

CHAPTER XI

STERILITY

Many a household is rendered unhappy by the absence of children. This is sometimes the fault of the husband, and sometimes of the wife, but in many cases it is almost impossible to determine the real cause of the trouble.

It is true that the number of women who try to prevent conception, or attempt to destroy the fetus when they do become pregnant is growing at an alarming rate. Yet we find many very fine and intelligent women in whose hearts the fires of the mother-instinct burns so brightly that they, like Rachel of old, mourn for children, and weep because they are not. It is to bring sunshine to this class that we are considering the subject of sterility. There is nothing more sad than a home where children are longed for, and do not come. In fact there can be no home without a baby.

It is estimated that about twenty per cent of our women are barren, but it does not follow that there are that many who are sterile. The estimates made by writers on this subject differ widely. Courty estimates the per cent of sterility in the male at 10 per cent; Duncan, 12 per

cent; Noeggerath, 8 per cent; Gross,¹ 17 per cent; Engelmann,² 25 per cent; Brothers,³ 29 per cent; Kehrer, 35 per cent; and Huhner⁴ places it at 59 per cent. My experience leads me to believe that 15 per cent would be a conservative estimate.

The cause of sterility in the female, as well as the general weakness of women must be charged largely to industrial conditions and social customs. The greater number of our girls grow up with flabby muscles and misplaced organs. They are weak sexually, and in many cases live lives of almost continual suffering. Much of this could be overcome if our girls received proper physical training, and instruction on the functions of the generative organs.

The only condition necessary to insure conception is that virile spermatozoa be brought into contact with healthy ova, in a healthy environment. The causes of sterility may be divided into three classes, and in considering the subject we have only to assure ourselves: (1) that the spermatozoa is virile, (2) that the ova is healthy, (3) that the two meet in a reason-

¹Gross, Samuel W.: A Practical Treatise on Impotence, Sterility and Allied Disorders of the Male Sexual Organs, 1887.

²Engelmann, Geo. J.: The Increasing Sterility of American Women. Jour. Amer. Med. Assoc., Oct. 5, 1901.

³Brothers, Abram: Final Results of Conservative Surgery of the Tubes and Ovaries. Jour. Amer. Med. Assoc., Feb. 22, 1908.

⁴Huhner, Max: Sterility in the Male and Female, 1913.

ably healthy environment. If any of the above conditions are lacking there is a possibility that conception may not take place. A very few cases are met with where a man and woman will not mate, but either will with another partner. This is due to the similarity of temperaments. Where both mates are of the same temperament they may prove unfruitful, and still neither of them be sterile.

The spermatozoa may not be virile, or may be entirely absent. In conditions of this kind, nothing may be hoped for in the way of relief. Again, the spermatozoa may be virile, but be blocked off from the urethra by a closure of the ducts due to inflammation from gonorrhea. In this case there could be no discharge of the spermatozoa and none would appear in the semen. A more frequent condition is that where the spermatozoa is virile, and is discharged, but is killed by the acid secretions of the vagina or uterus before conception can take place. The treatment of the latter condition is simple; the acid discharge of the woman must be neutralized. This may be accomplished by the use of alkaline douches immediately before coitus.

I fully concur in the statement of Dye,⁶ that among the causes of sterility, the most impor-

⁶Dye, John H.: Painless Childbirth, 1888.

tant are those that oppose the entrance of the spermatozoa into the uterine cavity where conception can take place; these are anything which obstructs the uterine canal, and may exist before a child has been born, or may be acquired afterward; thus, imperforate hymen; displacements, tumors, polypi, granulations or other growths within the neck of the womb, angular curvature of the uterine neck, stricture of the same, and chronic inflammation, to which might be added, technically, occlusion of the uterus. This covers practically all the obstructions to the free entrance into the uterus. An imperforate hymen would prevent entrance into the uterus, although cases have been reported where conception occurred when there was no visible opening in the hymen. Instances where there is no opening in the hymen are very rare, but the opening is sometimes so small that ingress is practically impossible. It also may occur that where there has been a small opening it has closed leaving but slight scar tissue which may be overlooked in making an examination. The remedy in these cases is plainly surgical—the hymen must be removed.

It may easily be seen how displacements may prevent the entrance of the spermatozoa, as it could not in many instances even reach the

mouth of the uterus. In all cases, misplacements must be corrected and the organ held in the proper position, at least until conception takes place.

Careful attention to the right posture during coitus and for some time after the act will frequently permit of conception. If it is found upon examination that there is a displacement, the patient should be instructed upon the proper position to assume so that the mouth of the uterus will be bathed in the pool of semen that forms in the vagina. She should be instructed to maintain this position for some time after the completion of the act. Runge^e claims that the semen running out of the uterus is the principal cause of sterility. Huhner^f considers the drainage of the uterus to be of minor importance. The fact seems to have been overlooked by most writers, that it is the suction-like action of the uterus that draws the semen up into the uterus. Especially is this true when the entrance to the uterus is contracted. It is only at the time the female reaches an orgasm that this suction action takes place. It is evident that, though the neck of the uterus may be contracted, if the woman reaches an orgasm di-

^eRunge, Ernst: Archiv. für Gynaekologie, lxxxvii, 1909.

^fHuhner, Max: Sterility in the Male and Female, 1913.

rectly after the discharge of semen by the male the semen will be drawn directly into the uterus, should her orgasm occur too early, or too late, the acid secretions of the vagina may kill the spermatozoa before they enter the uterus. I believe this is very frequently the case, and accounts for the failure of women, who are in the best of health, to conceive. There are instances, it is true, where women conceive, who never experience an orgasm, but in these cases we find that the cervix is quite widely dilated. When the cervix is tightly closed, and an acid secretion is present in the vagina, it is doubtful if conception will take place unless the woman experiences an orgasm at the proper time. This must be explained to the patient, and she and her husband should be instructed how to time the orgasm, so that the woman will reach this point directly after the discharge of semen by her husband. It is in this connection that the question of the sexual passion of the woman bears upon sterility. If she is very passionate she may have several orgasms before her husband reaches the climax, hence she will be more likely to draw the virile spermatozoa into the uterus.

Many times simply straightening and dilating the uterine canal is sufficient to permit of

impregnation. It is advisable that coitus take place as early as possible after the dilation, as the uterus will soon return to its former condition.

The use of the soft-rubber uterine stem worn for a month or two has given good results. When the stem is removed coitus should take place at once.

Ovarian diseases prevent the development of healthy ova. Imperfect development of the ovaries, stricture of the fallopian tubes and displacements should be considered in this connection.

If there is anteversion the patient should lie on her back with her hips raised on a pillow during the copulative act. In retroversion the knee-chest position offers the best opportunity for the spermatozoa to enter the uterus. In either instance the position should be maintained for some time after the act, an hour or more being advisable. In prolapsus, the condition must be cured before impregnation may be hoped for.

Tumors, polypi and similar obstructions prevent the ingress of semen by blocking the channel. These obstructions must be removed before impregnation can take place normally. It may, however, be possible by artificial means.

There may be stricture of the cervix, which would prevent the spermatozoa reaching the ova. Where all other conditions appear to be normal a careful examination may prove the presence of stricture. Occasionally an elongated cervix is found, and if the sterility is due to this cause, we may resort to an operation to correct the condition, or artificial means of bringing about a union of the spermatozoa and ova may prove advisable.

Excluding the rare instances where temperamental and psychic causes interfere, if the spermatozoa is virile and remains so until reaching a healthy ovum, impregnation is practically sure.

The length of time that the spermatozoa may remain alive in the female genitals depends upon the secretions. Especially is this true of the secretions of the lower part of the vagina which are generally strongly acid. In contact with strongly acid secretions the spermatozoa become immobile in a very few minutes. Percy⁸ claimed to have found live spermatozoa in the cervical mucus eight and one-half days after coitus. Haussmann found weak living spermatozoa in the cervical mucous seven and one-half

⁸Percy, Samuel R.: A Fact for Medico-Legal Science, American Medical Times, March 9, 1861.

days after coitus and Huhner⁹ reports live spermatozoa five days after coitus.

Chronic inflammation of the uterus and ovaries may be present, and if found must be treated. It could hardly be expected that impregnation could take place in a highly inflamed uterus.

It is often the case that sympathetic nervous conditions due to lesions in any part of the body may cause the impregnated ovum to be thrown off. In these cases, the patient, while really becoming impregnated, will abort during the first month, and never miss a menstrual period. Excessive coitus will also at times cause the impregnated ovum to be thrown off.

Sometimes the cervix is closed by a plug of thick mucus. This in itself is a bar to the entrance of the spermatozoa.

Fuerbringer advanced the theory that abnormal chemical constitution of the prostatic secretions due to inflammatory processes in the gland is detrimental to the spermatozoids. It has also been held that the presence of gonorrhreal infection in the male would cause the destruction of the spermatozoa, but this is very doubtful. Huhner¹⁰ had occasion to study this

⁹Huhner, Max: *Sterility in the Male and Female*, 1913.

¹⁰Ibid.

subject, and he concludes that the gonococci do not have an effect on the spermatozoa that would prevent conception.

Membranous dysmenorrhea may prevent conception by preventing the germ from making an attachment, and carrying it away when the membrane is expelled.

Sexual excesses may exhaust the vitality of both sexes to such a degree that the germ and sperm may lack the vitality to perform their parts in reproduction. Nature seems to have provided that such devitalized elements should be frequently unproductive, or if impregnation does occur the weakened embryo may be expelled before reaching the stage of vitality.

It must not be considered a settled fact that because a woman has never borne children that she is sterile. Nor is it certain that if she is barren the first few years of her married life that she will never bear children. Women sometimes become fecund after years of barrenness. The mother of Louis XIV was sterile for twenty-two years before his birth; the wife of Henry II became the mother of ten children after ten years of barrenness. Numerous instances are on record, where a union has been unproductive, in which separation followed, with subsequent marriage of both parties to

other mates and each of the second unions proved productive. McElrath¹¹ gives a record of one thousand women, of which eighty-two did not produce children until between two and three years after marriage; forty-one between three and four years; seven between four and six years; three between six and seven years; one between nine and ten years, and only one in the tenth year; after which all were as prolific as those who conceived early after marriage.

In highly sexed women who fail to conceive, the suggestion of Cazeaux, that "in women the ovum is usually thrown off at the time of menstruation, but during an orgasm provoked by sexual congress the ovum might be discharged at other times," is worthy of consideration. It is possible that too frequent coitus of very passionate women may result in the ovum being expelled in the intermenstrual period. When the ovum is thrown off in this way before reaching its maturity it is incapable of fecundation.

The woman who grew up as a tomboy; who wore loose clothing and romped around in absolute freedom during her girlhood; who was kept away from the company of men and boys during her menstrual periods, and who was

¹¹McElrath, Percy John: Key to Sex Control, 1911.

taught to take care of her health, will have nothing to fear when she reaches womanhood and is called upon to take up the duties of a wife and mother. But the woman who as a girl dreamed her days away, strapped in a straight-jacket corset; who knew nothing of the sexual instinct other than the thrill she felt when being caressed by her many admirers, must pay the penalty when she faces the problems of married life. It is from the latter class that we receive the majority of our patients who come for relief from physical suffering, and the mental sorrow of a childless life. There can be no greater sorrow than that of the childless woman who must always feel that she has cheated her husband; that she has failed to do her part in the great drama of life. Should the barren home be due to the fault of the husband, and the fault be due to his own evil acts, a realization of this fact should prove to him a never ending punishment.

The physical culturists are doing a noble work in directing the attention of women of leisure to the great benefits that come from systematic and free exercises. While I do not endorse all the claims made by them, I am sure that their exercises are productive of much good, and those who follow their instructions

will have less physical suffering to endure in life than will those who do not. There is, however, a vast difference between exercise as generally understood by the laity, and proper exercise. Chopping wood is exercise but it only develops a part of the muscles, while a systematic course of training in physical culture will develop the muscles of the entire body. These exercises must be properly graded and not carried to excess. Many cases of malpositions of the uterus may be traced to indiscretion in exhausting exercise, as prolonged dancing, running, jumping the rope, long walks, climbing high flights of stairs, standing on the feet for long periods of time, and attempts at lifting heavy weights.

Shop girls, teachers, and others whose duties require that they be upon their feet for long periods are frequent sufferers from diseases of the generative organs.

Girls should not be in the company of men other than those of their own household, and should not attend school or practice music during the menstrual period.¹² The co-educational school is one of the greatest evils we have in this country. It brings girls into contact with young men at a time when they are sexually excited.

¹²Davis, Frank P.: Should Girls Attend School While Menstruating. Davis' Magazine of Medicine, March, 1912.

Every woman should have rest during the period, and girls who are employed in offices and stores where they work with men, should remain at home and rest during the time of their menses.

CHAPTER XII

TREATMENT OF STERILITY

The treatment of sterility may be either surgical or medical. All malpositions should be corrected in so far as is possible. The clitoris should be unhooded if bound down by adhesions. All old lacerations should be repaired. In fact this is the field for the official surgeon. Where sterility is associated with violent sexual desire, inflammation of the ovaries and uterus, and an excoriating yellow leucorrhea, phosphorus should be given in small doses. When associated with low vitality, longing for children, melancholia, and with inflammation of the uterus and ovaries, or if the uterus is prolapsed or heavy and swollen, the chloride of gold and sodium is indicated. Cases where the parts are hard and contracted, call for belladonna, preferably in doses of $\frac{1}{8}$ grain of the extract five times daily. Ashmore¹ claimed good results from introducing a large uterine sound into the uterus and letting it remain for twenty minutes when it was removed and coitus took place at once, the woman remaining on her back with a

¹Ashmore, W. Frank: *Medical World*, January, 1907.

pillow under her hips and her knees drawn up as far as possible, for an hour. This was on the second day after menstruation had ceased, the husband having been instructed to abstain from sexual intercourse for one month before the operation.

When there is an indifference to coitus on the part of the woman, both local and internal remedies should be prescribed. In many instances a good lecture by the doctor will do this class more good than will drugs. The majority of women may be cured of their frigidity by proper instruction and treatment. When their lack of response is due to an aversion to their husband, they may do as a lady once informed that she did. She said she could not endure her husband's embrace until she formed the habit of shutting her eyes and imagining that he was another man that she knew. After adopting this plan she not only experienced an orgasm, but became pregnant.

Dr. Guiion recommended that the woman sing at the top of her voice during the copulative act as a sure remedy for sterility.

Winfield claims that Sol. hypophosphites comp. U.S.P. without sugar, continued for four or five weeks has always been followed by pregnancy when given in sterility.

It is claimed that climate has much to do with fecundity and barrenness. Spring is said to be the most favorable season of the year, and a southern more favorable than a northern climate.

When abnormalities are removed from the female generative organs, and the patient has been fully instructed how to conduct herself during the copulative act, and the time immediately following, we may expect good results in the majority of cases.

We may not hope to restore the organs to an ideal condition, in all cases, but we can place them in a condition that will enable them to fulfill their mission in propagating the species. Pratt² says: "The abnormal states of humanity have existed so long that pathology has become anatomy and distorted functions have become physiology and sickness seems to be the normal state of the human race; and it will be difficult to decide upon the true standard of ideal excellence."

Good health and a normal condition of the organs should at least clear the woman from the indictment of barrenness.

²Pratt, E. H.: *Official Surgery. Dawson's Edition, 1912.*

CHAPTER XIII

ARTIFICIAL IMPREGNATION

Artificial impregnation has become the customary rule in the breeding of thoroughbred animals. Most of those who keep horses and jacks for breeding purposes, make use of the impregnator, not only in cases of sterility, but permit the impregnation of a number of females without too great a drain upon the male. Instruments for the purpose are sold by all veterinary instrument dealers, and the technic is so simple that anyone can perform the operation.

The first record of the artificial impregnation of animals that we have is of the attempts made by Harvey several hundred years ago. Later it was tried on a more extensive scale by Spallanzani. In recent years Iwanoff¹ made a large number of experiments on various animals. As a whole, the results of these experiments were extremely satisfactory, so much so that the Russian government offered Iwanoff an opportunity to put the results of his observations into practice on cattle and horse ranches.

When the attempts were made in a systematic

¹Iwanoff, J.: Russkiy Vrach, 1903.

manner under favorable conditions during the period of heat of the respective animals, Iwanoff found that the mechanical introduction of sperma showed a higher percentage of impregnations than the normal act. In these experiments the spermatozoids were recovered directly from the animals, and at the occasion the interesting observation was made that the spermatozoids from animals that had been dead as long as twenty-seven hours had still retained the faculty of impregnation.

It has generally been believed that J. Marion Sims was the first to perform artificial impregnation on a woman; however, Hamilton² claims that Beford recommended this procedure in sterility many years before its use by Sims. It is said that Professor Pancoast performed the operation on a patient in the old Sampson Street Hospital of Jefferson Medical College, Philadelphia, in the latter half of the last century. According to the report, both the husband and wife had been under the care of Dr. Pancoast, and that while the woman was under the influence of the anesthetic he injected some semen procured from "the best looking man in the senior class," into the uterus with "a hard-rubber syringe," and then plugged the cervix

²Hamilton, N. J.: *Medical World*, April, 1909.

lightly with gauze. According to the narrative neither the husband nor wife knew what he had done at the time. Later, Pancoast told the man what he had done, and it met with the latter's approval and he conspired with the professor to keep from the lady the actual way in which her impregnation had been brought about. In due course she gave birth to a son, who "became a successful business man." This story is probable and it may be true. If I really knew it to be true, however, it would decidedly lower Professor Pancoast in my respect.

A few years ago there was a report in the medical press where a western drug clerk in filling a prescription calling for some vaginal capsules, filled one of them with semen, from the effect of which the young lady became pregnant.

In Sims' case the woman had a very sensitive vagina which prevented entrance because of the spasmodic contraction of the vaginal walls. This spasm was so pronounced and the pain on touch so severe that a digital examination could not be made without anesthesia. While she was under the anesthetic, semen from her husband was introduced into the uterus. It is said that Sims was never very proud of this practical application of a physiological principle to a part-

ly unphysiological body. It shows, however, his wonderful alertness of perceptions, his grasp of physiological processes, and his great ability to apply them to practical ends.

Hamilton³ claims to have used the impregnator frequently for fifteen years without a single failure. Lieuf⁴ reports two successful cases of artificial impregnation and recommends that this means be tried after the postural plan fails.

The objectionable feature to this plan has always been the necessary presence of a third person. This I have been able to overcome by teaching the parties the use of the impregnator so that the operation can be performed in the privacy of the home and at the opportune time.

The technic of the operation is simple. After intercourse between husband and wife the semen is collected and placed in a uterine syringe, preferably one with a flexible point, but a hard rubber syringe can be used. Introduce the point into the uterine cavity until it passes the constricted portion, inject the contents well into the uterus, and pack the opening with gauze. Keep the patient quiet with the hips elevated for four or five hours. Remove

³Hamilton, N. J.: *Medical World*, April, 1909.

⁴Lieuf, A. H. P.: *Gynecology, Obstetrics and Menopause*, 1902.

the gauze on the second day and permit light exercise. The semen may be collected from the vagina, but the better way is to use the cundum, then spermatozoa will not be in danger of being destroyed by coming into contact with the vaginal secretions. I instruct the parties in the use of the instruments, and loan them a speculum and a syringe. This enables them to perform the operation at their convenience. A woman can readily perform the operation herself without the use of a speculum after a few trials.

In my cases the trouble was due to the small opening in the cervix, and the lack of orgasm of the woman during the copulative act. The spermatozoa could not gain entrance into the uterus and there was lacking the suction that takes place during the female orgasm to draw the semen into the uterus, hence the mechanical introduction of the semen into the uterine cavity was the only feasible way of bringing about the desired result. Huhner⁵ tried injecting the aspirated testicular fluid directly into the cervix of the wife. First by adding warm bicarbonate of soda solution, and injecting one day after the cessation of the menses. Later the combined testicular fluid of both testicles undiluted four

⁵Huhner, Max: Sterility in the Male and Female, 1913.

days after the commencement of the period. It was also tried directly before the beginning of the menses. He had opportunity to try this plan on only one patient, who stopped treatment before a thorough test could be made. This is a field that should be further investigated, especially when an epididymitis is known to exist, and we are satisfied that the aspirated fluid contains live spermatozoa.

By instructing the interested parties how to use the impregnator we overcome the aesthetical objections to artificial fecundation, and thus are enabled to relieve many cases of barrenness.

CHAPTER XIV

THERAPEUTICS

Aurum Metallicum

Gold has long held the reputation of exerting a specific action upon the sexual organs of both sexes. It acts as a powerful stimulant, and if taken frequently will prevent the decline of sexual power. In the male, marked aphrodisiac effects are produced; in women, increased venereal desire and an increase in the menstrual flow are observed. It is of value in atrophy of the testicles, especially in young boys. It is said to increase glandular secretions. The Vaidas of India combine gold leaves or ashes of gold with mercury and pearls for a sexual stimulant. It is of service in impotency dependent upon inability to obtain an erection. In nocturnal seminal losses, weak and inefficient erections; inability for the sexual congress due to irritability of the sexual organs; nocturnal emissions resulting from masturbation or excessive venery, gold has been used with good results, but in cases where there is plethora of the sexual organs with irritability, it increases the frequency of the nocturnal losses.

Gold is of value in prolapsus of the uterus and for chronic metritis with great sensitiveness. It is indicated in vaginismus with hysterical spasms, and for sterility with lowered vitality of the parts, especially when there is melancholia due to longing for children. It is one of our most frequently indicated remedies in sterility.

Dose.—The salts of gold most commonly used are the chloride, and the chloride combined with sodium. The dose of chloride of gold is from one-sixty-fourth to one-sixteenth of a grain to be given in water; of the chloride of gold and sodium one-thirtieth to one-twelfth grain, gradually increase to one-twelfth grain. It is given in the form of pills or tablets. The homeopathic 3x is a very elegant form in which to exhibit this drug.

All gold salts are poisonous and should be used with great care. The antidotes are egg albumen, milk, flour, etc.

Long continued use of gold may give rise to serious disturbances of the digestive organs, hence its action should be carefully watched.

Avena Sativa

Avena Sativa is a powerful remedy in sexual debility as it has a selective influence upon the

nerve structure of the genito-urinary organs. It is a decided nerve tonic and stimulant. It increases both desire and ability and is applicable to both sexes. It will allay the nervous excitement, nervous palpitation of the heart, insomnia and mental weakness, and general debility caused by masturbation and over-sexual indulgence. Ellingwood¹ says he has received better satisfaction in the use of this remedy in the impotence of newly married men, than from any other single remedy or combination of remedies. If there is any prostatic or other local irritation, saw palmetto should be combined with the avena. It works well with most stimulants and may be used at the same time with strychnine, phosphorous or gold with good results. There is no danger of forming a habit by its use.

Dose and Administration.—Avena sativa acts almost instantly if given in hot water. It should be given in comparatively large doses. Five to fifteen drops well diluted will give the best results. It should rarely be given in larger quantities than twenty minims, unless the patient is thoroughly accustomed to its use. There is danger of obtaining the physiological effect if large doses are given, which will be announced by pain at the base of the brain. When

¹Ellingwood, Finley: *Materia Medica and Therapeutics*, 1905.

this symptom appears the medicine should be discontinued a day or two and then given in reduced doses. I have had best results when given frequently in smaller doses. The effect may be gauged by giving it during the day in hot water for immediate effect, and at night a larger dose in cold water will give a more slowly acting and lasting effect during sleep.

Care should be exercised to procure a high grade of this drug as most of the preparations on the market are practically inert. I have always found Keith's Concentrated Tincture Avena Sativa to be reliable. The standard dose of this tincture is from five to thirty drops.

Cannabis Indica

Cannabis is of use in excitement of the sexual organs with erections, lascivious thoughts and dreams when given in small doses. In large doses the hasheesh dreams and pleasures appear. Victor Robinson² describing the sensations following a single dose of 20 drops of F. E. Cannabis, says: "I hear the songs of women. Thousands of maidens pass near me, they bend their bodies in the most charming curves, and scatter beautiful flowers in my fragrant path. Some faces are strange, some I knew on earth,

²Robinson, Victor: *Essay on Hasheesh, 1912.*

but all are lovely. They smile and sing and dance. Their bare feet glorify the firmament. It is more than flesh can stand. I grow sensual unto satyriasis. The aphrodisiac effect is astonishing in its intensity. I enjoy all the women in the world. I pursue countless maidens through the confines of heaven. A delicious warmth suffuses my whole body. Hot and blissful I float through the universe, consumed with resistless passion."

In the form of *hasheesh*, cannabis indica is used in Oriental countries for its aphrodisiac effect. It will, in proper doses, overcome choree and is of benefit in spermatorrhea, irritable urethra, and painful micturition. It is our best remedy in irritated states of the urethra of both male and female.

Dose.—The dose of the fluid extract of cannabis indica is from three to five minims. Extract of cannabis indica, one-sixth to one grain.

Cinchona

Cinchona, or its alkaloid, quinine, is of use in sexual weakness following nocturnal emissions, or sexual excesses. As a rule the fluid extract is preferable to the alkaloid in these cases. According to Bartholow, cinchona contains five alkaloids, two simple acids, two tannic acids,

and a resinoid substance. We get the combined action of all of them when we use the complete drug. Pierce⁸ considers cinchona beneficial in ovaritis arising from sexual excesses. It has a decided effect upon the erectile tissues, strengthening the muscles, and is said to increase the secretion of seminal fluids.

Dose.—The dose of fluid extract cinchona, red, is from one-half to one fluid dram. Quinine sulphate, one to ten grains.

Gaultheria

Gaultheria is indicated in spermatorrhea without impotency; in prostatic irritation and undue sexual excitement. It will be found of value in the treatment of young men and boys who are addicted to masturbation, and are troubled with emissions.

Dose.—The dose of the fluid extract is from five to ten drops.

Humulus—Lupulin

Humulus is of use in those cases of a nervous broody disposition, wakefulness, sexual irritation, abnormal or violent sexual excitement, spermatorrhea, and fear of impotency. The man who is in a continual fear of becoming im-

⁸Pierce, Willard Ide: Plain Talks on Materia Medica, 1911.

potent should have lupulin. It is one of our most effective anaphrodisiacs. It is of use in priapism and in chordee. Humulus is indicated only when there is a strong flow of blood to the parts. Blair⁴ recommends lupulin combined with camphor monobromate, five grains of each, in capsules, as a remedy for chordee. The dose of the tincture is one to two fluid drams. Specific medicine lupulin is a high grade preparation, the dose of which is ten drops. It should be given every three hours, the last dose coming at bed-time.

Hamamelis

In relaxed, congested condition of the organs, accompanied by a dragging sensation in the scrotum, with an aching-pain; with mucoid discharge, hamamelis is of use. Ellingwood⁵ considers hamamelis a good remedy in relaxation of the vaginal walls with leucorrhea. It is the remedy for a stagnant condition of the venous circulation in all parts of the body. It sometimes relieves weak erections by its effect on the dorsal vein of the penis. As with avena, care must be exercised to secure a dependable product. I have found no hamamelis equal to Pond's extract of witch hazel.

⁴Blair, Thomas S.: *Materia Medica and Therapeutics*, 1907.

⁵Ellingwood, Finley: *Materia Medica and Therapeutics*, 1905.

Dose.—The dose is from one to five drops every three hours. Locally it may be applied full strength.

Nux Vomica

Nux vomica is indicated in recent prolapsus of the uterus. It should be given in sterility due to prolapsus. It is of use when the os is rigid and will not readily dilate. Small doses of the whole drug will give better results in these conditions than will minute doses of strychnine, as the action of the latter is largely expended upon the spinal cord and not upon the viscera. In impotence due to exhaustion or atony of the erectile tissues strychnine is preferable. Strychnine is considered by many to be the most powerful aphrodisiac known to the profession. When indicated it is a very dependable drug, but it is too often given as a routine treatment for "impotency," without any clear knowledge as to the real condition of the patient. Strychnine is especially indicated in impotency due to atony of the erectile tissues and a general neurasthenia.

Dose.—The dose of specific *nux vomica* is from one-tenth to two minims. Strychnine sulphite one-one hundred and twentieth to one-fifteenth grain. I have given as much as one-

half grain of strychnine at a single dose, hypodermically, one daily, for over a year.

Cantharides

Cantharides has long had a reputation as an aphrodisiac in the minds of the laity. It is believed that it has a wonderful power to increase sexual desire and ability. It is safe to say that only in dangerous doses will it produce the results with which it is credited by the laity. In small doses it is a valuable remedy in properly indicated cases. It acts as an aphrodisiac through irritation of the urinary tract, and in those cases where there is a loss of sensation and a generally relaxed condition of the walls of the urethra it may be given in sufficient amounts to produce a slight burning sensation. It produces erections because of the irritation at the neck of the bladder. Combined with nux vomica and chloride of iron as proposed by Gross it gives good results. I use this formula, and in addition give avena sativa to those patients who have strong desire but are unable to secure an erection at the opportune time. In large doses cantharides causes violent amorous frenzy. The sexual instinct goes mad, and the erections in the male are violent and painful. The penis is inflamed and sore and it would be painful to have coitus, yet there is this frenzy.

In severe cases following dangerous doses there is insolence, blasphemy, restlessness ending in rage (Kent). In very small doses it sometimes relieves similar conditions. I have seen decided effects from very small doses of cantharides in causing painful micturition in women when it was given to relieve incontinence of urine. On the other hand I once witnessed a case where a young man added a half-ounce of the tincture of cantharides to a half-pint of whiskey, and two girls drank all of it in less than an hour with apparently no more effect than they would have received from the whiskey alone. It will not act upon the sexual passion of a woman so strongly as upon the male, as it seems to exert its power simply in irritating the urethra. Some persons are very susceptible to cantharides, and in giving large doses the effect must be watched closely. It is never indicated when there is any irritation of the urethra.

Dose.—The dose of the tincture is from one to five minims. Five drops of specific cantharides may be added to four ounces of water, and be given in teaspoonful doses, for the average case.

Opium

Opium and morphine have an aphrodisiac effect, when given in small doses where the pa-

tient is not accustomed to their use. Habitual use of opium causes impotence. Tolerance and habit are soon established until very large doses may be taken without producing the physiological effect. De Quincey, for example, took as much as three hundred and twenty grains of opium a day, and could drink laudanum by the tumblerful. I had in my practice at one time a man who ate an average of one pound of opium a month for twelve years, and finally died from pneumonia. Opium and morphine are largely resorted to by women who lead monotonous lives and have few opportunities of indulging in sexual intercourse (Murrell). Opium is indicated in cases of premature ejaculation and spermatorrhea when there is a very severe irritation of the urethral canal.

Dose.—The dose of opium is one-half to two grains; morphine, one-tenth to one-half grain.

Phosphorus

Phosphorus is the most universally indicated remedy in the treatment of impotency. It increases sexual desire without producing local irritation. It increases the acuteness of the special senses, and is a general nerve and systemic vitalizer. It is suited to functional cases and not to those that may be due to organic

causes. The continued use of phosphorus has been known to produce a habit that is very hard to overcome when once established. A single large dose of phosphorus will produce an increased capacity for mental and physical exertion. It renews strength and increases vigor. It has a decided action upon the nasal membranes and increases the acuteness of the sense of smell. In overdoses it produces inflammation of the stomach and intestines with burning pain, prostration, vomiting, and death. It is especially useful as a tonic after sexual excesses, and is indicated when sexual excitement in the male is followed by weakness and impotency. In the female it is of use in sterility when associated with nymphomania, and violent sexual desire with aversion to coitus. It is indicated in cases of emissions that take place either day or night, and at stool. As it is a powerful poison and tends to disturb the digestive organs it must be used with caution. Small doses frequently repeated until the desired effect is secured should be the rule for its administration. It should not be given on an empty stomach and the white phosphorus should never be used.

Dose.—It may be given in combination with other remedies, or alone in granules containing

one-sixtieth to one-thirtieth grain. It is sometimes combined with oils as a protection to the stomach and intestines.

Platinum

Platinum is of use in intense sexual excitement and erethism, and in excessive sensitiveness of the genitals of both sexes. It is of value in sexual melancholia caused by masturbation. It is our best remedy where the female sexual organs are so sensitive that intercourse is painful, and also in the nymphomania of young girls. It is antagonistic to lead, and should be thought of in the impotency of lead workers and lead miners. Platinum has been used with advantage in those cases of the extreme sensitiveness of the genitals making it impossible to wear a napkin during menstruation, and of the unbearable sexual excitement and voluptuous crawling sensation in the genitals. It has cured sterility of long standing, and epilepsy arising from onanism (Kent). It is possible that similar conditions might be produced by large doses of platinum, but it is only in the treatment of the conditions mentioned that it is in use. Platinum is best given in the homeopathic 3x, or in granules, containing about one one-hundredth grain.

~~SECRET~~

... the influence of bromine
upon the mind of man is not entirely
known. We can, however, see some
of its influences in the manifestations
of a bromine intoxication. Paroxysms
of sexual excitement and orgasm are
the peculiarities of bromine. It
will cause a loss of control of sexual power in
men & women alike.

Potassium Bromide

Potassium bromide is especially indicated in
relation to the sexual types. During sexual
excitement, nocturnal emissions, satyriasis,
and, especially, resulting from sexual intoxication,
in hysteria where women have epileptic seizures
at the time of orgasm during coitus. Potas-
sium bromide should be given in full doses prior
to the act. It should not be continued for a
great length of time as bromism is manifested
by a general failure of the mental powers, acne,
and loss of sexual power. Blair recommends
magnesia albua (19 to 20 grains) in seminal
emissionis, hymenomania, and priapism. I sel-
dom use the drug as I have found that the ef-
fects produced by it are more lasting in many instances

proved more harmful than the conditions it is said to relieve.

Pulsatilla

When the sexual desire is exceptionally strong in the female, and if not satisfied gives way to a sense of loneliness, weeping, and the blues,—pulsatilla is the remedy. The pulsatilla patient will go from one extreme to another; from intense sexual desire and excitement to despondency and weeping. It is the best remedy that we possess for weeping without cause or reason, despondency, and loneliness. It is the remedy for the patient that has light hair and blue eyes. Its most extensive action is upon the mucous membranes, the eyes, ears, nose, and genito-urinary apparatus of either sex. Its action upon the mucous membranes of the nose make it of use in impotency. It is the remedy for loss of smell. Pulsatilla is of value in prolapsus of the uterus. Its wide range of application to the female organs makes it of great value in sterility, especially with the fair-haired, blue-eyed woman who is given to melancholia and weeping because of her desire for children. The dose of specific pulsatilla is from thirty to sixty minims to four ounces of water. A teaspoonful should be given every two or

three hours. Care must be exercised to get a good preparation of the true pulsatilla, as most of the fluid extracts are inert.

Saw Palmetto

Saw palmetto is especially useful in prostatic troubles where there is enlargement and irritation. It is of value when the sexual power is weak. It is indicated in sexual exhaustion and neurasthenia. Ellingwood says that in the treatment of young men who have been excessive in their habits, or who have masturbated, it can be relied upon with positiveness. It has a decided influence upon the nasal membrane. Saw palmetto is of value in atrophy of the testicles. In the female it increases sexual desire and ability. It works well in combination with *avena sativa* or *phosphorus*. It will relieve undue irritation of any part of the genito-urinary organs, when due to excesses and exhaustion. This drug has been accredited with marvelous powers in reducing the hypertrophied prostate of old men. The dose is ten to thirty drops.

Salix Nigre Aments

Salix nigre is said to control sexual hyperesthesia, and sexual excitement. It is of use in satyriasis, erotomania, and nymphomania, when due to local irritation. It relieves spermator-

rhea and quiets the nervous system generally. Sexual disorders from excesses, spermatorrhea, nocturnal emissions; prostatorrhea, lascivious dreams, satyriasis, and morbid sexual desire call for *salix nigra*. The dose of the specific medicine, *salix nigra*, is from ten to sixty mimins.

Nuphar Luteum

This remedy has been used in sexual debility; spermatorrhea, and in nocturnal emissions. It is indicated in impotency with involuntary emissions at stool. In large doses it allays sexual excitement. The dose of the fluid extract is five drops three or four times a day.

Ignatia

This remedy is sometimes called for in cases of sexual and nervous debility, its most prominent indication being a deep-seated pain in the loins. This symptom when found in connection with sexual weakness will guide to the selection of *ignatia*. Five to ten minims of the fluid extract may be added to four ounces of water, of which the dose would be one teaspoonful. *Ignatia* is similar to *nux vomica* in action, but has not so wide a range of application.

Thuja

Thuja is an active remedy in spermatorrhea due to over-indulgence. The dose of the fluid extract is five to ten drops. Injected into the serotum it is our best remedy for hydrocele.

Musk

Musk is obtained from the musk ox, and is composed of the solidified secretions from the generative organs of these animals. It is one of the oldest remedies used for impotence. Musk is the principal remedy used by the Vaidas of India to increase sexual power and desire. It is used to control violent sexual excitement in the male which is accompanied by emissions without erections. It relieves the violent sexual desire in the female when the menses are too early and profuse. It is indicated in nervous impotency. The effect of this drug is due to a considerable extent to its odor. It should be given in sufficient strength to retain a comparatively strong odor. I find musk a good remedy in the treatment of impotency especially where there is a lack of desire with certain partners; premature ejaculation, and weakness following coitus. The dose of the tincture is from twenty minims to two drams. It may be combined with other drugs in pill form. I find

that it exerts a good effect on these cases when used as a perfume, especially when the bed and night clothes have a strong odor of musk.

Murix

Murix is the coloring matter from the purple fish, or sea snail, and is used by homeopaths in prolapsus of the uterus attended with violent sexual desire. In the murix patient there is prolapsus accompanied by pain extending to the breasts. It should be used in sterility due to prolapsus when sexual desire is greatly increased by the slightest touch. Pierce uses it in the 3x.

Chinese Incense

Chinese incense or Joss Sticks burned in the room give off an odor that is said to excite sexual desire and increase power. These may be obtained at any Chinese store, and the odor is not disagreeable.

Staphisagria

Staphisagria is of use in enlarged prostate with dribbling urine, and a general excitability of the male organs with great weakness and impotence. Where the sexual desire is greatly increased and there is total disability to perform the act, staphisagria will give relief. It is val-

able for the nervous man who is addicted to masturbation and who fails when attempting coitus. It is also of use in atrophy of the genitals. It will control the violent sexual excitement and nymphomania in the female. It relieves irritation and overcomes impotency by increasing the general health and power of the organs. It acts as a stimulant and tonic on the central nervous system, and is a very important remedy in sexual disorders. The dose of the tincture is five to fifteen minims, and of the specific medicine one-sixth to three minims.

Sulphur

Sulphur is the leading remedy in sterility. This is especially true where there is irregularity of the menstrual flow; the menses becoming suppressed by the slightest disturbance. There may also be hemorrhage with the menstrual flow. A burning sensation in the vagina and an offensive odor emanating from the female genitals, thighs, and abdomen call for sulphur. If the odor of the woman is offensive to her husband, give her sulphur. The impotent patient whose nose is clogged with offensive secretions should have this remedy.¹ It is in-

¹It is interesting to note that all drugs that are proven aphrodisiacs are those that have a direct action on the nasal membranes. I am of the opinion that any drug that will increase the acuteness of the olfactory nerves will be found beneficial in the treatment of impotency.

dicated in the male when the genitals are cold with impotency; sexual desire is moderate but he is unable to secure erections; or there is a discharge before intromission or too early after intromission. It is always indicated with the uncleanly patient whose genitals are extremely offensive and who has premature ejaculation. It is of use in prolapsus of the uterus accompanied with offensive leucorrhea. The importance of sulphur in its effect upon the nose and the ability to smell is made clear by Kent who in speaking of a sulphur patient says: "The catarrhal affections of the nose are extremely troublesome—so troublesome is this catarrhal state that with odors he is made sick. The smell of this old catarrh, or of filthy things, keeps him nauseated." Sulphur is a most important remedy when properly used. It is useless to give large doses of the common product. The only way to get the real sulphur effect as herein described is to use it in very small doses, preferably in the homeopathic tablets of the 3x. It must be continued for some time.

Lycopodium

Lycopodium is the remedy for sexual exhaustion following gonorrhea or cystitis; when there is a loss of desire, or when the patient "goes to

sleep during coitus" (Kent). The penis is relaxed and cold. With these symptoms it is of benefit especially with the aged. In the female it is indicated when there is leucorrhea which flows in gushes, and is associated with a sensation of dryness and burning in the vagina. For the young married man who finds he is impotent and is unable to obtain an erection, or that the erections are feeble, and that he has considerable trouble in reaching an orgasm, lycopodium is our sheet anchor. I have used lycopodium extensively in my practice and have found it to be one of our most useful remedies, especially where there is a lack of secretion, and where it requires long continued exertion to reach an orgasm. It is an important remedy, and perhaps the best one for cases having the above indications.

Dose.—The dose of specific medicine lycopodium is one-half to fifteen minims. Pierce recommends it in the 3x.

Graphite

Graphite is of use in sexual disorders when the sexual desire is increased but the power is diminished; when there is great desire and incomplete erection; or when the discharge is too

early. It is a valuable remedy for inflammation of the vagina and neck of the uterus, and for the so-called cauliflower excrescences of the uterus, with pain and bleeding. Graphite should prove of value in some cases of sterility, although I have not given it a trial in these cases. I would use it in a case presenting a bloody discharge from the uterus. I use the 1x and 2x homeopathic tablets.

Ambergris

Ambergris is a morbid secretion from the sperm whale, and has been the subject of miraculous stories told by sailors of its effects upon the sexual organs. It is said to increase the secretion of semen to a wonderful extent. If it will do but a very small part of what it is credited with doing it will prove of great value. I have not given it a fair trial. In the limited trial that I have been able to give ambergris it appeared to do good. It is very expensive and not easily obtained. It may be had in the homeopathic tincture, and Pierce recommends its use in the 3d. I would advise that it be used in large doses. Sailors are said to eat it in its crude state, and perhaps it requires large doses to give the wonderful results they claim for it.

Black Ant

A few years ago I made some experiments in the use of an alcoholic tincture of the common black ant as a remedy for rheumatism. While it did not relieve the rheumatism, my patients complained of having strong and painful erections but without sexual desire. I did not continue my experiments at the time, and have had no chance to prove the remedy since, as I have been unable to obtain a good preparation. I am satisfied, however, that there is some active principle in these ants, other than formic acid as has been claimed.

Echinacea

Echinacea has been used as a local application to the organs to increase desire and power. I am of the opinion that it has no virtue when applied in this way, other than the warmth resulting from the alcohol in the fluid extract. It is sometimes combined with capsicum in a vaseline base for local application. A proprietary remedy that was on the market a few years ago under the name of "Erectol" was simply echinacea colored. It was to be used locally. Echinacea is a good remedy in its field, but I can find no possible indication for its use in sexual troubles.

Silver Nitrate

Nitrate of silver, when injected into the deep urethra as proposed by Mowry, causes a local irritation, thereby increasing the flow of blood to the parts, which is followed by an erection. It is applied with an Ultzmann syringe in a weak solution every other day until the desired results are obtained. It is about the quickest acting treatment that I have found, and has given uniformly good results in my practice, though I seriously doubt the advisability of continuing its use for any great length of time.

Zinc

Pierce recommends zinc in the 3d as a remedy for nymphomania when caused by pruritus vulva, worse at night. In the male it is used in seminal emissions with general irritability.

Chromium Sulphate

Chromium sulphate was introduced as a medical agent by Kolipinski a few years ago, and met with considerable favor by those that gave it a trial. Boynton and others claim that it has a direct action on the prostate, and that it is of value in neurasthenia. It has been used as an aphrodisiac, and the reports have been favorable in most instances. It is said to be of

value in impotency, senile pruritus, enlarged prostate, locomotor ataxia, etc. I have given it a limited trial, both singly and combined with other remedies. If it ever produced any results of any kind by itself I was never fortunate enough to notice it. It is possible that combined with other drugs of known value in these cases, it may have received undue credit. The dose recommended by Kolipinski is from four to eight grains, three or four times a day, before meals.

Yohimbine

Strong claims have been made for this drug in the treatment of impotence. It is said to act upon the testicles and penis causing swelling and strong erections. Oberwarth and Lowy experimented upon rabbits and found that soon after injecting yohimbine they noticed that the testicles began to swell and descended into the inguinal canal. In dogs and cats the swelling appeared to affect the penis principally. It is said that the natives of Western Africa use a decoction of yohimbine to increase the sexual appetite. Lissman^a says it increases the flow of blood to the external genitals and produces vasodilatation of the renal and cutaneous ves-

^aLissman: Münchener medizinische Wochenschrift, 1912, No. 24, p. 1313.

sels. It will favorably influence impotency so long as the impotence is due solely to exhaustion of the cohabitation center. It is recommended in sudden loss of power, and in the despondency and mental depression of young married men. Lissman' claims that the failure to receive good results from this drug is due to the method of administration. He tried epidural injection of 30 c.c. of saline solution and ten drops of 2 per cent yohimbine solution and got good' results. This can hardly be accepted as positive evidence of the aphrodisiac effect of yohimbine, as Cathelin obtained similar results in impotence by the epidural injection of saline solution alone. Lissman emphasizes the fact that in his case the center of erection alone was at fault, the patients never having suffered from precipitate ejaculations. In forms of impotence accompanied by *ejaculatio præcox* the yohimbine did harm. It is probable that the action of yohimbine is similar to that of cantharides, causing an irritation of the deep urethra, followed by an increased flow of blood to the parts.

Yohimbine may be given in tablets of one-tenth grain, or the homeopathic one per cent solution. It may be had in hypodermic tablets of one-twelfth grain.



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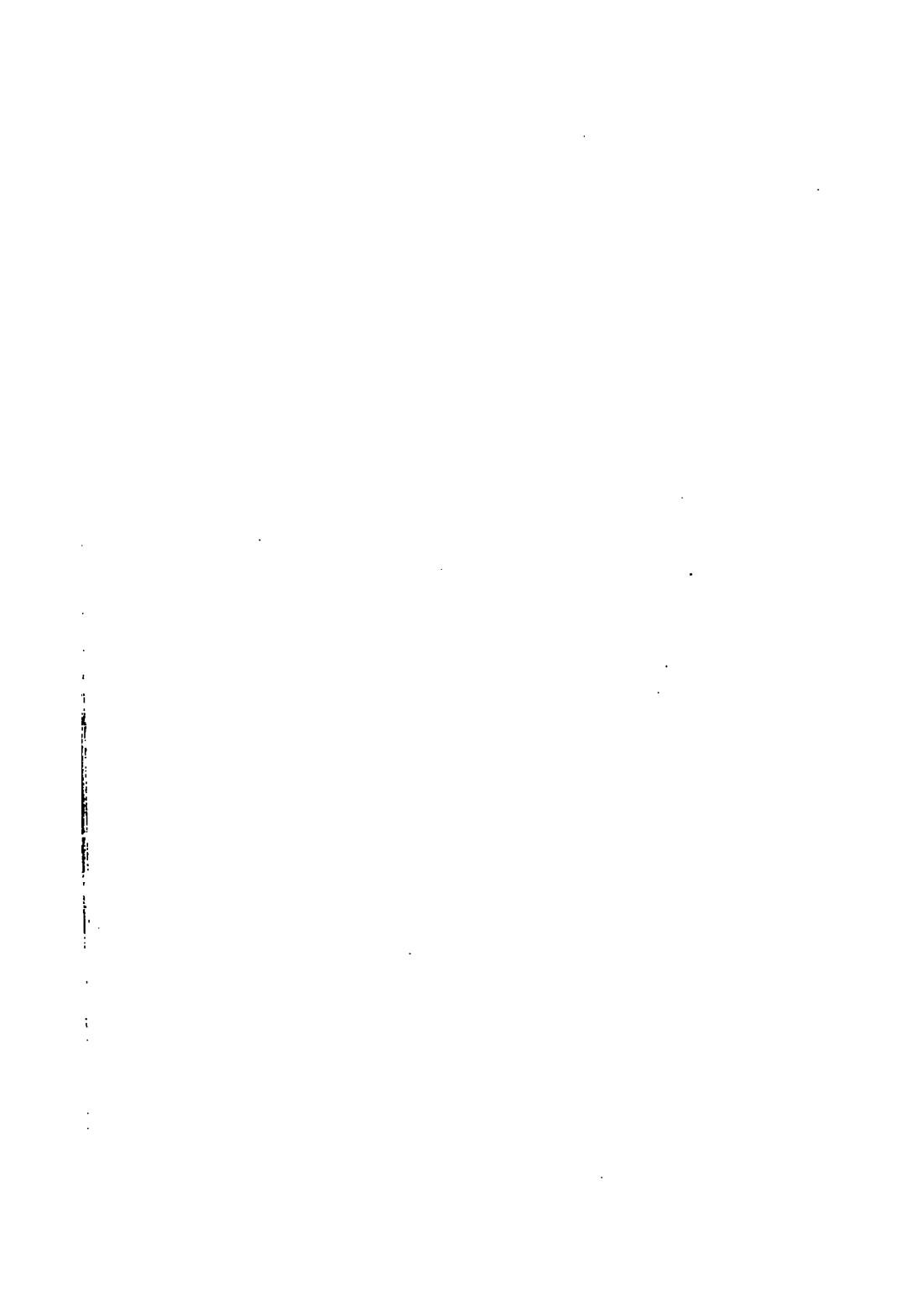
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